

8-3-2011

Iowa State Daily (Welcome Home 08-03-2011)

Iowa State Daily

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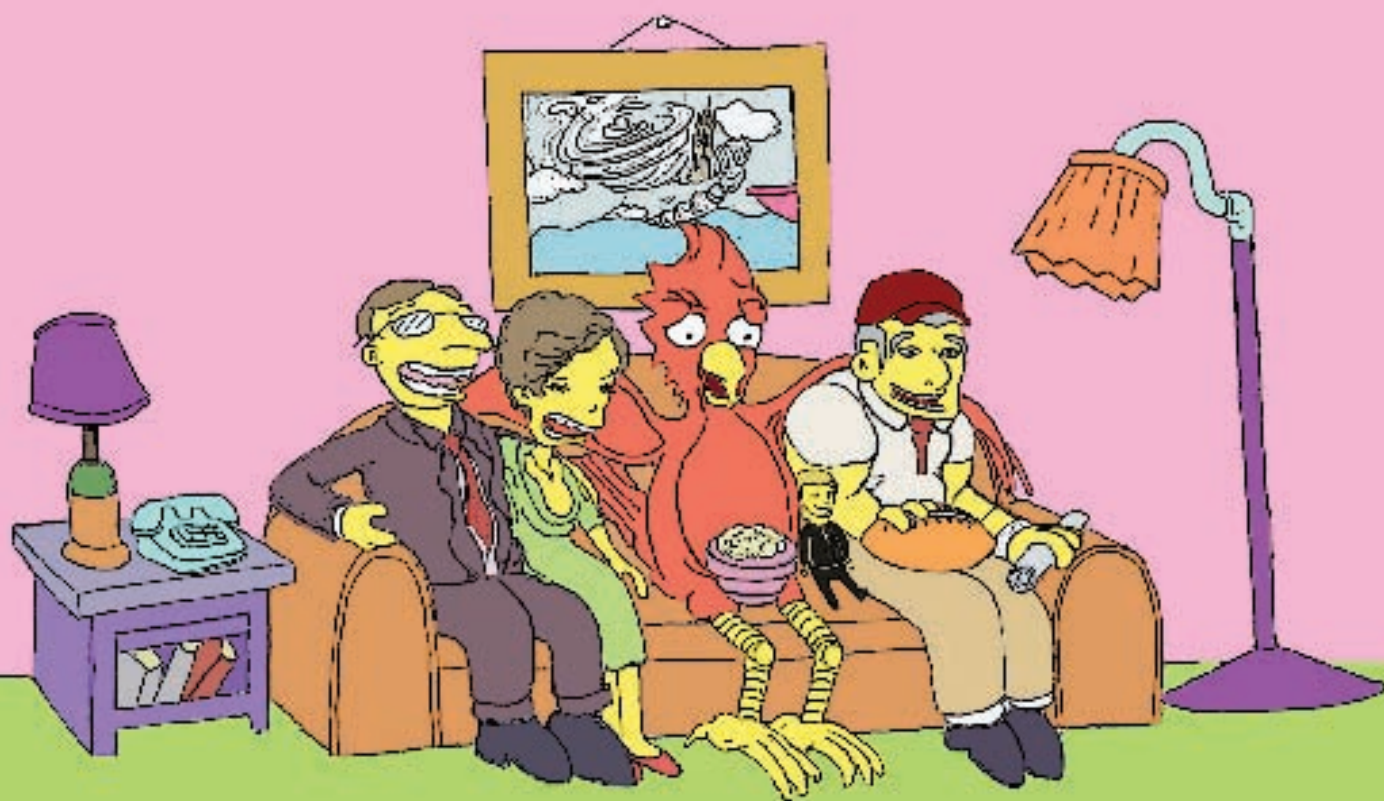
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WELCOME HOME



THE

IOWA STATE DAILY

AUGUST 3RD, 2011

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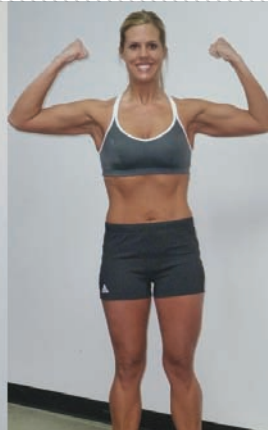


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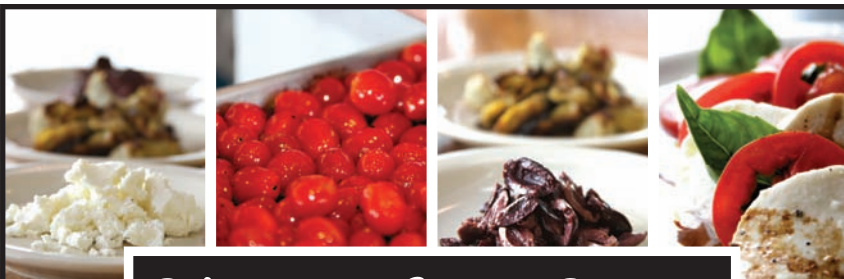
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Welcome home!

Entertainment
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Entertainment

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WelcomeFest will be held on Aug. 24, in the Great Hall of the Memorial Union. More than 4,000 students and 100 businesses and departments attend. Many gifts and prizes are given out. File photo: Iowa State Daily



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Events



Attendees of Brit Fest try samples from Ames British Foods. There were scones, bangers and mash, and a variety of other dishes. Brit Fest was created by Marcus Johnson, owner of Ames British Foods. File photo: Tsubasa Shigehara/Iowa State Daily



Savor the last days of summer

By Lyn Bryant
@iowastatedaily.com

August is here, which means we're in the last few weeks of summer and all the good weather that comes with it. You can get the most out of these glorious last few weeks by checking out these exciting Ames events throughout the month. Arts, history, nature, dining and a whole lot more make August a wonderful month to be in town.

Art and Culture



The Garden Quilt Show

For quilting enthusiasts, this show at the Reiman Gardens will be a special treat August 5, 6 and 7. This year will mark the show's second at Reiman.

Notable local quilters will host lectures, classes and a juried exhibition. The Garden Room will also have a selection of books, fabric, patterns, machines and

other essential quilting supplies for sale. The show will be held from 9 a.m. to 6 p.m. Registration is required.

For more information, contact the Reiman Gardens at (515) 294-2710.



Hot Dog Dinner Theater

If you have an appetite for hot dogs, chips, dessert and magic, go to the Ames Public Library August 11 for the Hot Dog Dinner Theater.

From 11:30 a.m. to 5 p.m., hot dogs, chips, vegetables, beverages and other refreshments will be served.

Magician Rick Eugene will perform at 2:30 p.m. Eugene is a local professional magician who loves to enthrall people with sleight-of-hand and audience participation.

All ages are welcome. No registration is required.

For more information, contact the Ames Public Library at (515) 239-5656.



Exploring Grandma's Trunk

Local history enthusiasts shouldn't miss the Ames Historical Society's presentation Exploring Grandma's Trunk at the Hoggatt School at 3 p.m. on August 14. The host of the presentation will answer questions and discuss the history of the Civil War-era schoolhouse it is being given in. No registration is required.

For more information, contact Carol Phillips at (515) 232-0595.



Rock the Library

"Rock" and "library" aren't words that people often use in the same sentence, but the Rock the Library concert at 7 p.m. on August 19 may change that. The Ames Public Library will be offering a free concert fea-

SUMMER.p16 >>

TV shows

Escapist fun for the collegiate crowd

By Stephen.Koenigsfeld
@iowastatedaily.com

TV shows have many different types of genres and categories. One specific genre is that of the college-based show. Whether they are dramas like "90210" or comedies like "Community," college shows are all over TV networks. Below is a list of the most recent and popular college-related TV shows:

1. Community

In this quippy television series, a group of community college students are brought together by their study group. All hope to pass their classes and move on with their lives. These characters come from all different points in a spectrum. Jeff Winger (Joel McHale) is an imaginative lawyer who



Photo courtesy of ABC Family

returns to school after his bachelor's degree is revealed to be fake. While pursuing Britta Perry (Gillian Jacobs), Jeff forms the study group. Britta is a student attempting to get back on track with her life. The other members of the study group include Pierce Hawthorne (Chevy Chase), a

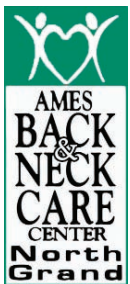
millionaire trying to discover more about himself; Annie Edison (Alison Brie), a former prescription drug addict; Troy Barnes (Donald Glover), a former high school football star; Shirley Bennett (Yvette Nicole Brown), a single mother and outgoing Christian who is looking to start her brownie business; Abed Nadir (Danny

Pudi), a pop-culture-obsessed film student, and Ben "Senior" Chang (Ken Jeong), a former Spanish teacher who has become a student again.

2. Greek

This TV series is set on the fictional campus of Cyprus-Rhodes University, located in Ohio. Siblings Rusty and Casey Cartwright are the show's main characters. The series followed Casey and Rusty as they navigated their way through college and the greek system. First aired in July 2007, "Greek" concluded its fourth and final season earlier this spring. The show's title pretty much says it all. If you're looking for a silly perspective on the greek system, this show might be for you.

TV.p12 >>



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Photo courtesy of CW Network

>>TV.p11

3. 90210

When this series began, it focused on students attending a fictional high school called West Beverly Hills High. The series began with Harry Wilson (Rob Estes), father of Annie (Shenae Grimes) and Dixon Wilson (Tristan Wilds) moving from Kansas to Beverly Hills. Annie and Dixon attended West Beverly Hills High and met several interesting characters. The rest of the series followed these characters as they dealt with high school problems. In the upcoming season, the students will transition to college.

4. Hellcats

"Hellcats" is a series about collegiate cheerleading. The show is based on the book "Cheer: Inside the Secret World of College Cheerleaders" by Kate Torgovnick. Marti Perkins (Aly Michalka) is the show's

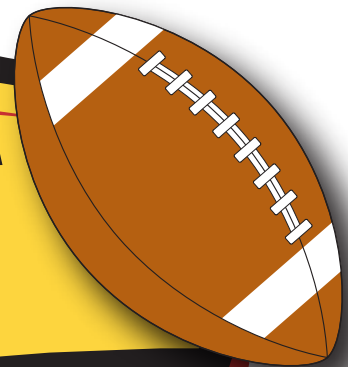
central character. Perkins is working on her pre-law degree, and is forced to join the cheer-leading squad (from whom the show takes its name) in order to receive an athletic scholarship. The cast endures all kinds of trials, relationships and crises.

5. Gossip Girl

Concluding our list, we have the ever famous "Gossip Girl." The series began with the return of it girl Serena van der Woodsen (Blake Lively) from her mysterious stay in Connecticut. Her best friend Blair Waldorf (Leighton Meester) is the queen bee of her social group.

Beginning when the group of students were attending high school, the program's third season shows the group making its way onto the campus scene. The coming season will be the show's fifth. Like its preceding seasons, the upcoming season of "Gossip Girl" will deal with conflict and tumultuous relationships.

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ISD IOWA STATE DAILY

Film



By Stephen.Koenigsfeld
@lowastatedaily.com

Throughout the decades, movies have been based on many things. From your horror zombie films to your sweet innocent chick flicks, the film industry does quite the job of representing each individual genre. One genre that appeals to a lot of movie fanatics is the college film. Most college films are comedies like "National Lampoon's Animal House" or "Accepted." Some, however, can be dramatic like "The Paper Chase" or "Wonder Boys." Here are five of my favorite college-related movies:

1. Rudy



insists that nothing is impossible. "Rudy" is the fact-based story of Rudy Ruettiger.

Rudy has the dream of playing for the Fighting Irish of Notre Dame. However, money problems obtrude, and Rudy's father can't afford to send him to Notre Dame.

In his junior year, Rudy transfers to Notre Dame and starts working as an assistant groundskeeper for the football team. Does Rudy have what it takes to become a true Fighting Irish player?

I like to think this drama is perfect for those students entering college believing that their goals of becoming professional football players or NASA engineers are unthinkable. This movie

2. Accepted



in this film. Bartleby (Justin Long) and his slacker classmates invent a college called South Harmon Institute of Technology to fool their parents into thinking they made it into a prestigious university. The problem that arises in this college comedy is that the band of young rejects attract other college rejects to their pseudo-university.

This movie is easy to relate to if you were rejected by your first- or even second-choice college. I hope none of you have been denied as many times as Bartleby Gaines, the main character

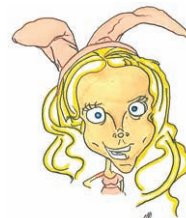
3. Wonder Boys



as he surpasses him in the writing world. While dealing with all of this, Tripp must handle an affair and parry the advances of another younger student (Katie Holmes.)

In this feel-good drama, Grady Tripp (Michael Douglas) must overcome his struggles with writer's block, as well as the other trials he faces. Tripp must deal with one of his younger students (Tobey Maguire),

4. House Bunny



Katharine McPhee, Rumer Willis), along comes former Playboy model Shelley Darlington (Anna Faris.) In order to attract new pledges for the sorority, Shelley gives all the sisters beauty makeovers. In return, the sisters donate their expertise in compassion and confidence so Shelley can win over her dream guy.

This comedy is about a sorority house on the brink of losing its chapter status. When it seems all hope is lost for the Zeta Alpha Zeta sisters (Emma Stone, Kat Dennings,

5. Old School



crude comedy, Ferrell and the gang relive the glory days of being in college. The band of middle-aged men creates their very own fraternity and draw in others with their wild ways. This is a movie you can watch over and over, and it never gets less funny.

With an all-star cast of Will Ferrell, Vince Vaughn and Luke Willson, "Old School" is the movie for all the graduates that never grew out of the hard-partying lifestyle of college.

In this somewhat

Bookend your summer with some great reads

By Katherine.Klingseis
@iowastatedaily.com

Summer is winding down, and the beginning of the fall semester is so close you can almost smell the scent of dry-erase markers in the air. You have only a few precious weeks of freedom left, and you want to make them count.

To beat the heat, but still savor the last few weeks of summer, grab a book. Let a book transport you to another place or time — perhaps a place where it's not so hot and a time when school is not a few weeks away. In no particular order, here are five books to help you end your summer the right way.

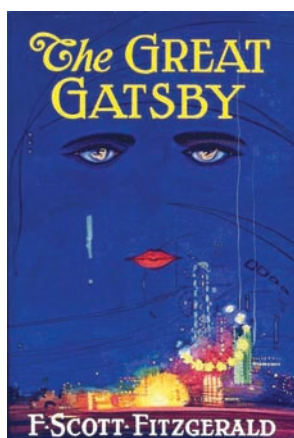


Photo courtesy of Scribner

"The Great Gatsby" by F. Scott Fitzgerald

It's likely you have either read or heard about "The Great Gatsby." If you're not familiar with it, to sum the book up in a few words, "The Great Gatsby" is about love, money and betrayal.

The novel is set in New York City during the Jazz Age. The story begins with Nick Carraway, the narrator, moving to the West Egg district of Long Island to break into the bond business. His house is right next to a mansion owned by the mysterious Jay Gatsby. Carraway's cousin, Daisy Buchanan, lives

with her husband in East Egg, the adjacent district.

Through Carraway's naïve, innocent eyes, Fitzgerald weaves a tale of corruption and greed, which ends in tragedy. He includes no dragons, wizards or vampires, but with interesting, complex characters and strong narration, Fitzgerald keeps his readers turning page after page of his novel.

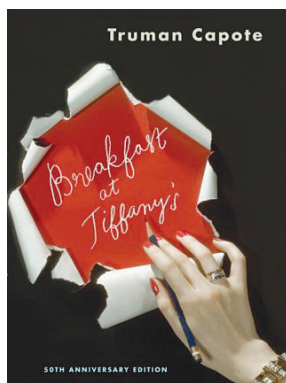


Photo courtesy of Random House

"Breakfast at Tiffany's" by Truman Capote

When someone says "Breakfast at Tiffany's," an image of Audrey Hepburn as Holly Golightly will appear in many people's minds. The film is based on Truman Capote's novel of the same name. Though the both the movie and the book are marvelous, I prefer the book.

Truman Capote's "Breakfast at Tiffany's" tells the story of a man, the unnamed narrator, who develops a friendship with New York socialite Holly Golightly. Golightly is a glamorous, confi-

dent woman on the outside, but a confused, lost girl on the inside.

Throughout the story, the narrator starts scraping away Golightly's strong front. The relationship between the narrator and Golightly is what really makes "Breakfast at Tiffany's" the powerful book that it is.

Though the narrator and Golightly are romantically involved in the film version, they aren't in the book. And that's what makes the book better than the movie. In both the movie and the book, Golightly has many romantic partners, but she never really develops deep feelings for any of them.

At the end, although it is never explicitly stated, you can tell that she does have feelings for the narrator, and it's quite obvious that he reciprocates those feelings.

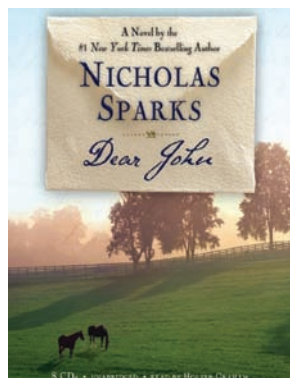


Photo courtesy of Warner Books

"Dear John" by Nicholas Sparks

Nicholas Sparks knows how to write popular romance novels. He has written "The Notebook," "Message in a Bottle," "Nights in Rodanthe," "A Walk to Remember" and "The Last Song," all of which have been made into movies. My favorite novel he has written is "Dear John," which was made into a film.

"Dear John" is narrated by John Tyree, a rebellious man from North Carolina. When the novel begins, Tyree is on leave

from the army at his home in North Carolina. While on a beach, Tyree meets Savannah Curtis, a young woman who is in his state doing mission work. Tyree and Curtis eventually fall in love, but Tyree has to leave in order to finish his tour of duty. When he returns home, he's soon forced to leave again when planes strike the Twin Towers.

Throughout the ordeal, Tyree and Curtis communicate through letters. In large part, these letters are what keep John fighting.

While the relationship between Tyree and Curtis is interesting and captivating, the relationship between Tyree and his father is what makes "Dear John" better than any other run-of-the-mill romance novel.

Tyree's father has an undiagnosed case of Asperger's syndrome, a disorder that makes it difficult for sufferers to communicate and empathize with others.

Due to his father's disorder, Tyree finds it difficult to understand him. It is heart-rending to read about how both men want to express their love to one another, but are unable to.

The delicacy with which Sparks renders their relationship makes "Dear John" worthy of a spot on this list.

>>BOOKS.p14

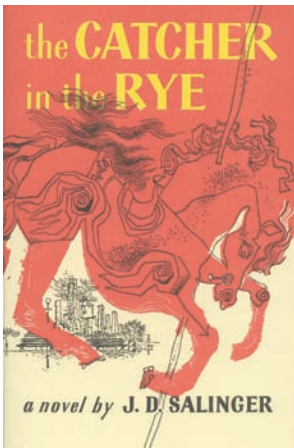


Photo courtesy of Little, Brown and Company

"Catcher in the Rye" by J.D. Salinger

"Catcher in the Rye" is about Holden Caulfield, a young man who is terrified of growing up. Of course, he has no idea that he has this fear. Instead of trying to make his fear subside, he rebels against everything and everyone.

The novel is narrated by Caulfield, but he tells his story sometime after the events in it take place. The story he tells begins with him attending a prep school. However, he is expelled from the school.

Caulfield decides to explore Manhattan before returning home. While on his journey, he desperately wants to have sex. When he hires a prostitute for this purpose, he becomes uncomfortable and tells her to leave.

"Catcher in the Rye" is about a young man who is caught between adolescence and adulthood. He is interested in becoming an adult, but he is also terrified of everything that comes with adulthood.

As college students, we are on the brink of adulthood, and many of us share his fears.

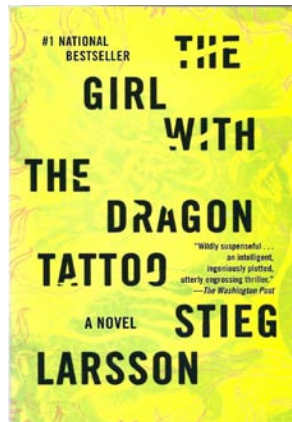


Photo Courtesy of Alfred A. Knopf

"The Girl with the Dragon Tattoo" by Stieg Larsson

The first installment of a trilogy, "The Girl with the Dragon Tattoo" by Swedish author Stieg Larsson is a suspenseful thriller that takes its readers on a raw, uncensored journey through a world of violence and corruption.

"The Girl with the Dragon Tattoo" tells the story of Mikael Blomkvist, publisher of the political magazine "Millennium," and his attempts to restore his credibility after losing a libel case against a rich industrialist. When a rich CEO of a company asks him to find out who killed

his niece, Harriet, Blomkvist begins investigating her death.

Throughout his investigation, Blomkvist is assisted by super hacker, Lisbeth Salander, who is the girl with the dragon tattoo.

Salander's appealing boldness is one reason Larsson's trilogy has done so well.

We learn that when Salander was 12 years old, she set her father on fire after seeing him beating her mother. Because of her traumatic past, Salander developed a tough, antisocial personality.

Although Blomkvist is the main character in the beginning of the book, Salander quickly outshines him, becoming the novel's undisputed star.



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>> **SUMMER.p.10**

turing local bands at Durham Bandshell Park. No registration is required.

For more information, contact the Ames Public Library at (515) 239-5656.

**Iowa Brit Fest**

On August 27, a little bit of Great Britain will be coming to Durham Bandshell Park. The Iowa Brit Fest is a celebration of British culture, and will feature live music, shopping opportunities and entertainment. Past Brit Fests have featured tug-of-war, soccer (known in Britain as football) and British historical armor and weapons on display from the Society for Creative Anachronism. The festival begins at 11 a.m. Ticket purchase is required.

For more information, contact Ames British Foods at (515) 598-5127, or visit the Brit Fest website at <http://www.iowabritfest.org/>.

Nature**Create Your Own Biosphere**

Those who are charmed by creepy-crawlies will want to check out the Reiman Gardens for the Create Your Own Biosphere event August 13. From 10 a.m. to 2 p.m., this class will cover the different types of aquatic insects and how to collect them. Participants will also be invited to create a self-contained biosphere and learn about the essential role of insects and arthropods in nature.

Registration is required. For more information, contact the Reiman Gardens at (515) 294-2710.

**Evening Prairie Walk**

Nature lovers will have an opportunity to join employees of Story County Conservation for some educational exercise at their Evening Prairie Walk at 7 p.m. on August 18. As participants stroll through 40 scenic acres of Doolittle Prairie, they'll learn about the history of Iowa grasslands.

While Doolittle's trails are relatively tame, hikers should still wear long pants and good hiking shoes. Bug spray is also recommended. No registration is required.

For more information, contact Story County Conservation at (515) 232-2516.

Culinary**Hy-Vee Drugstore grill-out**

Summer is prime grilling season, so the staff of the downtown Hy-Vee Drugstore will be serving up fresh burgers, hot dogs and bratwursts every Friday in August from 11 a.m. to 1 p.m.

Grill lovers shouldn't delay too long. With summer drawing to a close, it won't be long before they put away the grill until next year. No registration is required.

For more information, contact Hy-Vee Drugstore at (515) 233-9855.

**Main Street Farmer's Market**

Shoppers seeking locally grown produce should check out the Ames Main Street Farmer's Market, open every Saturday from 8 a.m. to 1 p.m. on the 400 block of Main Street. Fresh veggies, fruits, cheese, meats and baked goods will be available, as will arts

SUMMER.p17 >>**It's that Time of Year...**

*All majors are welcome to attend each event.

Social Services Volunteer & Career Day

September 14, 2011
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September 27, 2011
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>>SUMMER.p16

and crafts made by local artists. Live entertainment will be performed on the Market Stage while shoppers browse and enjoy Main Street culture. No registration is required.

For more information, contact the Ames Main Street Farmer's Market at <http://www.amesmainstreetfarmersmarket.com/contact-us>.

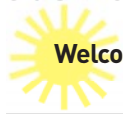


Food in the Gardens

Aspiring chefs can find inspiration at Food in the Gardens August 11 in Reiman Gardens. Starting at 6:30 p.m., Iowa chefs will show how to make delicious and nutritious meals from vegetables you can grow in your own backyard. Six sessions will be held, covering a broad variety of gardening and cooking topics. Registration is required.

For more information, contact Reiman Gardens at (515) 294-2710.

Just for Cyclones



WelcomeFest



Jennifer Ahrens, sophomore in biology, wins a koozie from the BioLife Plasma Services booth during Welcome Fest on Wednesday, Aug. 25 at the Great Hall, Memorial Union. File photo: Karuna Ang/Iowa State Daily

ISU students who are new or returning can start the semester with WelcomeFest August 24 at the Memorial Union's Great Hall. From 5:30 p.m. to 9 p.m., dozens of booths promoting Ames' local businesses, ISU departments and community organizations will be giving away freebies and information on making the most of the ISU experience. No registration is required.

For more information, contact Letitia Kenemer at (515) 294-0970.

No matter who you are or what interests you, you don't have to leave Ames to have a great August. With all these events going on, consider having a "stay-cation" and discover sides of Ames you never knew existed.

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Get to know Campustown

18



The businesses that line Welch Avenue serve a variety of student needs and desires. Photo: Rebekka Brown/Iowa State Daily

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Jewelry



Christy Radach, owner of Grandma's Attic, said that students like to buy tapestries and sarongs as well as various types of jewelry. Photo: Katherine Klingseis/Iowa State Daily



Grandma's Attic owner Christy Radach said that many of her summer customers buy beads and other objects in order to make their own items. Photo: Katherine Klingseis/Iowa State Daily

Grandma's Attic,

125 Welch Ave.

Christy Radach, owner

How does business in the summer compare with business in the fall?

"Actually, I'm pretty steady. In fact, June's been my biggest month."

"In the summer, a lot of people come in who don't come in when students are here."

How do you prepare for the arrival of students in the fall?

"People come in in the summer because they are making stuff, so I tend to order more beads. Students come in to buy tapestry and sarongs, so

I buy more of those things in the fall."

"Students also like to buy incense."

"Students come in to buy things that either cover up bare walls or cover up smells."

What is your favorite thing about the arrival of students?

"Students come back all excited, so you feed off that."

What are some challenges you face with the arrival of students?

"Sometimes you guess wrong what students want."



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Not only does T Galaxy have a wide selection of Iowa State apparel, it also has a great selection of streetware and name-brand blue jean styles for guys and girls. Photo: Danielle Harris/Iowa State Daily

T Galaxy, 206 Welch Ave. *Trevon Smith, manager*

How does business in the summer compare with business in the fall?

"With decline of students, business declines. We go from a huge number of customers to a very small one."

"We really depend on college students."

How do you prepare for the arrival of students in the fall?

"Summer is preparation.

It's a trial period for us, gearing up for the school year."

What is your favorite thing about the arrival of students?

"There's a livelier atmosphere to the entire city. You walk down the street, and there are a lot more people."

What are some challenges you face with the arrival of students?

"You go from zero to 100 people in the store at one time."



T Galaxy manager Trevon Smith said the summer is the time when the business prepares for the school year. Photo: Danielle Harris/Iowa State Daily



T-Galaxy store manager Trevon Smith said that the business depends on college students. Photo: Danielle Harris/Iowa State Daily

Tanning salons

Sizzlin' Cabana manager Austin Moody said that students come at the beginning of the school year, seeking to maintain their summer tan. Photo: Katherine Klingseis/Iowa State Daily



Sizzlin' Cabana, 2540 Lincoln Way *Austin Moody, manager*

How does business in the summer compare with business in the fall?

"The drop in business isn't as big at our west Ames location, but at this location you can tell the difference."

"There are no lines for tanning beds."

How do you prepare for the arrival of students in the fall?

"We spend our down time preparing — changing bulbs, doing maintenance, remodeling."

"Personally, I try to think of new ways to advertise and market the business."

What is your favorite thing about the arrival of students?

"There's excitement — a whole new energy."

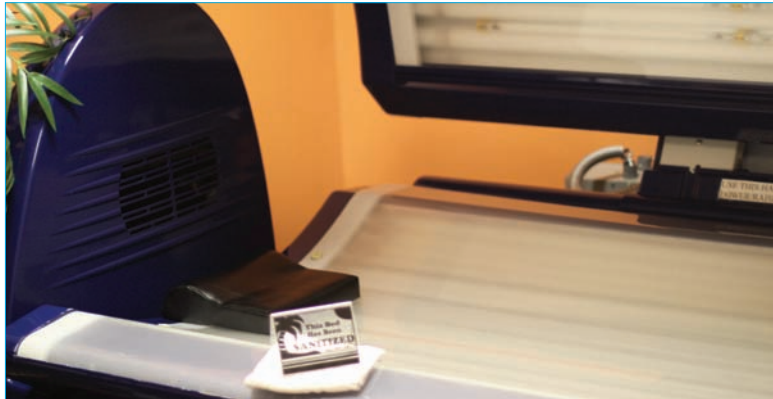
"Many students come in at the beginning of the school year looking for help with keeping their summer tan."

What are some challenges you face with the arrival of students?

"It's challenging for one person to deal with the large crowds we sometimes get."

"It's less overwhelming than it is joyful."

"There's also more laundry."



Austin Moody, manager of Sizzlin' Cabana, said the business gets most of its publicity through word of mouth. Photo: Katherine Klingseis/Iowa State Daily

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Video games



Mayhem owner Rob Josephson said Iowa State's summer class schedule helps maintain Mayhem's business.
Photo: Katherine Klingseis/Iowa State Daily



Mayhem owner Rob Josephson said that he prepares his store for the arrival of students in the fall by making sure inventory is stocked and all events are planned. Photo: Katherine Klingseis/Iowa State Daily

Mayhem Comics and Games, 2532 Lincoln Way *Rob Josephson, owner*

How does business in the summer compare with business in the fall?

"We drop off when the student population goes down, but not tremendously."

"The summer staggered schedule has really helped with business."

How do you prepare for the arrival of students in the fall?

"We try to make sure everything is stocked and all the events are planned. We just make sure that all our tools are sharpened, all our ducks in a row."

"You only have one

shot to make a good first impression."

What is your favorite thing about the arrival of students?

"There are new students, new faces and just this feeling of excitement."

What are some challenges you face with the arrival of students?

"We need to not only get them in the door, but we need to get them coming back."

"We make sure that their visit is a pleasant one — that we leave a good impression."

Tattoo studios



Asylum employee Hotrod applies a tattoo on customer Duane Tucker's arm.
Photo: Katherine Klingseis/Iowa State Daily

The Asylum,

111 Welch Ave.

Chuck Yager, shop manager

How does business in the summer compare with business in the fall?

"We have our regulars that get us through the summer. But when the kids come back, we tend to get a lot busier."

How do you prepare for the arrival of students in the fall?

"We order more supplies in the fall. We will put a large order in right before the students arrive."

What is your favorite thing about the arrival of students?

"Campustown is a lot more interesting when the students are here. More fun things happen."

What are some challenges you face with the arrival of students?

"Drunk people will come in asking to get a tattoo, and we have to tell them to come back when they're sober."



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Coach Paul Rhoads enters the field with the Iowa State football team. File photo: Tim Reuter/Iowa State Daily

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Football

Young backs vie to fill Robinson's shoes

Johnson, Woody likely to split backfield carries

By Zach.Gourley
@iowastatedaily.com

While much of the buzz around the ISU football team centers around the quarterback position, whoever gets the carries out of the backfield may hold just as much of the team's fate in his hands.



Woody



Johnson

Alexander Robinson, the fourth leading rusher in school history and the man affectionately known to Cyclone fans as "A-Rob," left some big shoes in the backfield to fill when he graduated.

Sophomores Shontrelle Johnson and Jeff Woody look like the leading candidates to inherit some of Robinson's carries.

"Everyone wants carries but the thing that matters more is, how are we going to get wins?" Woody said.

As far as running backs go, these two could not be much different in terms of running style and what they each bring to the table.

Johnson, a 5-foot-9, 187-pound speedster from DeLand, Fla., relies on his ability to make quick cuts and his breakaway speed. He has carried the ball 35 times as a Cyclone for 218 yards and two touchdowns, while also averaging 23.4 yards on 25 kick returns last season.

Johnson was also named a fourth-team All-Big 12 unit



Iowa State's Jeff Woody gets taken down during the Cyclones' game against Utah on Oct. 9, 2010. File photo: Manfred Brugger/Iowa State Daily



Running back Shontrelle Johnson moves the ball down the field during the Spring Game on April 16, 2011. File photo: Tim Reuter/Iowa State Daily

kick returner.

On the other hand, Woody, a Pleasant Hill native, is a 6-foot, 235-pound bruiser who can pick up tough, physical yards for Paul Rhoads' offense. He ran for 191 yards and a touchdown last year, while earning an average of 4.1 yards per carry.

"You just have to work with what you're given and try to develop those skills," Woody

said. "My skill set kind of dictates that this is what I do, and I work on developing other skills to complement that as a counter-move to the 'straight crash' style."

The players different styles may dictate which one of them gets the carries in certain games,

"If it happens that in one game Shontrelle gets 30 carries and we win, and I get none,

2011 ISU running backs

Jeff Woody

- 6-foot
- 235 pounds
- Sophomore
- Hometown: Pleasant Hill

2010 statistics:

- 47 carries, 191 yards, 1 touchdown

Shontrelle Johnson

- 5-foot-9
- 187 pounds
- Sophomore
- Hometown: DeLand, Fla.

2010 statistics:

- 35 carries, 218 yards, 2 touchdowns
- 5 receptions, 15 yards
- 25 kick returns, 585 yards

to me it's a W," Woody said. "And vice versa, if I get 30 and he gets none, it doesn't matter as long as we win."

Volleyball

Team hopes to bounce back, improve

By **Brian Spaen**
@iowastatedaily.com

Last season ended with heartbreak after the Cyclones lost a five-set game to Creighton in the NCAA tournament.

Members of Iowa State's volleyball team will try to rebound and continue their success this season.

The Cyclones went 20-9 overall last season while going 13-7 in the Big 12 conference. The American Volleyball Coaches Association had Iowa State ranked ninth overall in the nation when the season began.

The team fell to 16th going into the postseason. In the final poll, it dropped to 25th after losing to Creighton in the first round in Minnesota.



Junior Alison Landwehr makes a perfect set for Hannah John against Wayne State on March 25, 2011, at West Towne Courts in Ames. File photo: John Scallon/Iowa State Daily

The 2011 preseason rankings are yet to be released.

Current sophomore Kristen Hahn had some learning experiences last year.

"I have learned to never

give up on a ball," Hahn said. "I have learned how to become a better serve/receive passer and how to consistently and effectively serve."

One of the keys for this



Hahn



Johnson-Lynch

year's Cyclone team will be to improve in clutch situations late in the game. The team went 12-1 last season when matches were decided in three sets, but couldn't win their five-set matches against Creighton or Texas.

Hahn said that even with the loss against Texas, the play was at a high level.

Top players who will be returning this season include senior outside hitter Carly

VOLLEYBALL.p34 >>

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Softball

Young team battles in tough Big 12

Zabriskie's graduation lets fresh players shine

By Darrin.Cline
@iowastatedaily.com

The 2011 season marked the end of one of the greatest softball careers in ISU history. The growing legacy of Rachel Zabriskie lit up a season of broken records and ever-apparent potential.

"She allowed me to be better," said catcher Amandine Habben. "Her confidence, her swagger and her approach to the game allowed me to do what I do. It was really nice to be able to catch for her."

Zabriskie continued her crusade through the Iowa State and Big 12 record books.

Her 14-18 record belies an eye-popping stat that has become the trademark of her skills.

Following four dominating seasons at Iowa State, Zabriskie now ranks 10th in the Big 12 all-time standings, with 815 strikeouts.

Her appearances in 38 of her team's 49 games last season catapulted her to seventh in appearances in conference history.

While the season may have ended with a 21-28 record and only three victories in conference play, the team found building blocks that can be used going forward.

"It's pretty cool to see how much we progressed. You don't want to admit it but we are a pretty young team," Habben said. "We had 11 freshmen — and a lot them playing a big role on our team. We played our best competition at the end of the season and we hung right with them so that's good to see."

The strength of the Big 12 showed throughout the spring.

Seemingly every time the Cyclones took to the field, they were playing a ranked opponent.

Seven of the 10 conference programs finished the year ranked in the top 25, with Baylor, Missouri, Oklahoma and Oklahoma State qualifying for the College World Series.

"People always talk about the Pac 10 and how the SEC is up-and-coming. People thought the Big 12 was falling off the radar and this year it showed that we are a tough conference," said Cyclone pitcher Lauren Kennewell.

The power hitters often stole the head-



ISU pitcher Breeanna Holliday tries to tag out a Baylor runner at home during the third inning of a game last season. The runner was safe, scoring one of Baylor's 10 runs in the Bears' victory. File photo: Jake Lovett/Iowa State Daily



Habben



Zabriskie

lines for the squad this season, and with good reason.

First basewoman Erica Miller and designated hitter/outfielder Tori Torrescano had an unofficial longball contest that propelled both to the top of the stat books.

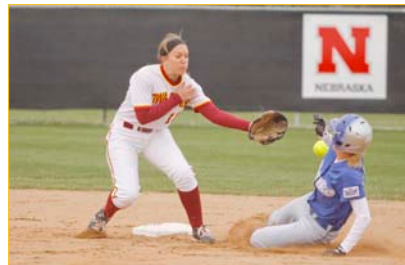
"I don't think people realize that we broke or tied six offensive records and we only played 49 games," Habben said. "We had Tori and Erica battling for home runs. Give us seven more games [and] I know they would have broke more records easily."

Both California crushers ended the 2011 campaign with 11 dingers apiece. Miller led the team in RBI's with 40.

While Miller and Torrescano topped the power categories, the quick feet of Heidi Kidwell contributed just as much to their team's offensive output.

Kidwell and Torrescano both tallied 51 runs, with Kidwell leading the team with 34 runs.

Kidwell stole 15 bases last season — a higher total than that of all her teammates combined



Infielder Cassie Knutson attempts to tag a Drake opponent out at second base during a game last season. File photo: Tim Reuter/Iowa State Daily

Zabriskie being the lone senior on the team, younger players were thrown into the fire and asked to perform.

Though this trial by fire may have caused a few reverses this season, the team is hoping the experience will pay off in future seasons.

"I'm just excited for next year. We have a lot of players coming in, and our now-sophomores will still be young, but they know what the Big 12 is all about," Kennewell said.

Despite the hardships and obstacles of a losing season, the optimism of the players gleamed until the final inning.

An all-time Iowa State great may be gone, but the remaining Cyclones are set to follow her example and blaze their own paths to greatness.

Soccer

After strong season, ISU sets sights high

By Darrin.Cline
@iowastatedaily.com

Iowa State's program is not known as a soccer dynasty. It has only been around since 1996, and has only turned in five winning seasons up to the present.

However, the 2011-2012 squad will be fueled by young blood, and its members are ready to strike in the Big 12.

"We ended off the spring season really well. We had some good wins and we all improved quite a bit. I feel like for this upcoming fall it's only going to continue, and [we'll] definitely get more wins and get to the Big 12 tournament," said forward Jennifer Dominguez.

The Cyclones, who went 8-10-2 overall and 3-7-0 in Big 12 play last season, will return their top five goal scorers. Emily Goldstein, a sophomore from Orange County, Calif., made the most of her first year on campus.

Goldstein led the team with six goals



Midfielder Mary Kate McLaughlin heads a ball away from her opponent during a match against Missouri last season. File photo: Rebekka Brown/Iowa State Daily

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Track and Field

Young sprinters blaze with potential

By **Zach.Gourley**
@iowastatedaily.com

Edward Kemboi and Dani Stack electrified the final month of the 2011 ISU outdoor track and field season.

At just 17 years of age, Kemboi, a freshman, placed fifth in the 800-meter run at the NCAA Outdoor Track and Field Championships.

The top-eight finish earned him a spot as an All-American in the event, though he participated in it after less than a year of collegiate competition.

"Physically, I was feeling good," Kemboi said. "But I missed making my move at the 600-meter mark and couldn't catch up in time. It was a very fast race, and I'm very happy with fifth."

Kemboi also ran a school record time of 1 minute and 46.06 seconds in the NCAA semifinals, breaking David Korir's 1980 record of 1:46.3.

"He was aggressive and he went after it," said ISU track and field coach Corey Ihmels after Kemboi ran in the NCAA

finals. "That's going to pay dividends in a couple years when he gets a little stronger, a little older [and] a little more mature."

Kemboi believes there is even room for improvement, as he is still learning to become an 800-meter runner.

Before coming to Iowa State in January, Kemboi was a 400-meter runner who often practiced at an airstrip near his hometown of Eldoret, Kenya.

"I'm excited about what he can do the next three or four years," Ihmels said.

Stack, a sophomore, also left the NCAA championships with her first All-American honors in the 10,000-meter run. She earned a fourth-place finish.

Running alongside fellow Cyclone Betsy Saina, Stack flirted with taking the top spot for much of the race.

When Saina dropped out of the race with 2,000 meters remaining, Stack made a move and led the field with 600 meters to go.

"It was kind of a surreal experience, leading a group of such talented runners,"



Edward Kemboi approaches the last stretch of the 3000-meter run during the 2011 NCAA track competition. File photo: Danielle Harris/Iowa State Daily

Stack said.

After a huge final kick by Duke's Juliet Botorff that broke the field wide open, Stack held on for fourth, clocking a time of 34:32.38.

Stack also competed in the U.S. Track and Field Championships in Eugene, Ore.

Finishing 12th with a time of 33:04.17, Stack was the first collegiate runner to cross the finish line.

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Cross Country

Runners hope to become NCAA champs

By **Brian Spaen**
@iowastatedaily.com

It was a season of ups and downs for the men's cross country team last year. Today, members try to build on their late-season success in 2010-2011 and make it to the NCAA Championships in the coming season.

One of the athletes on the team, Josh Heitkamp, participated in a few events last season (his freshman year on the team), but was injured through most of the season.

He shared in his teammates' disappointment about not making nationals — especially after nearly qualifying for them during the regionals.

"We ended up being two spots away from making it to nationals," Heitkamp said. "Towards the end of the season we were getting better."

Heitkamp plans to have a healthier season this year.

He has already had some experience on the college level and will continue to



Distance runner Daniel Murray leads ISU runners through the Iowa Intercollegiate meet held at the ISU course last year. File photo: Rebekka Brown/Iowa State Daily

improve his times.

"I need to take things to the next level," Heitkamp said.

His intent is to take things

more seriously than he did at the high school level.

EXPERIENCE.p34 >>



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>>VOLLEYBALL.p27

Jenson and junior middle blocker Jamie Straube.

Jenson is a solid all-around player. She had 319 kills last season, earning herself an average of about three kills a set.

She also had one of the highest serve percentages, at 92.9 percent with 24 aces.

Straube, a solid middle blocker, is also returning.

She had a total of 110 blocks last season, including 16 of the team's 41 solo blocks.

Hahn will undoubtedly add to effectiveness of her team's defense.

"A few of my strengths are reading the hitters defensively, communicating and playing with pressure," Hahn said.

Looking ahead at the schedule, the non-conference slate is solid.

The team will face a tough opener against Cincinnati on a neutral court. Before the Big 12 season begins, it will play a tough five-game stretch all on the road. Opponents during this stretch will include Florida (which lost only two matches last year), North Dakota State, Northern Iowa (which finished 14th in the AVCA rankings) and national powerhouse Nebraska (which is no longer on the conference slate).

>>EXPERIENCE.p33

This season Rico Loy and Martin Coolidge will be runners to focus on as well. Loy, a sophomore last season, just missed nationals by one place. Coolidge was his team's top freshman runner last season.

Heitkamp said head coach Corey Imhels expects the team to be a top 10 contender. The team generally had younger members last year; they will bring a lot more experience to bear on their races in the coming season.

The women's team will also try to build on its success from last season.

During the season, the women's team never finished below third place in its events. It finished in first place in the NCAA Midwest Regional and gained an automatic bid for the NCAA Championships. They would eventually finish in eighth place as a team.

Imhels said the women's performance at regionals may have been the best he's seen at Iowa State. The average age of members of women's team was lower last year.

It had few seniors.

Some potential leaders for the coming season include Aliphine Tuliamuk and Betsy Saina. Tuliamuk was the top freshman last year, finishing in the top five four times and finishing 13th at nationals — the best performance of any ISU player last season. Saina, a junior, had two straight second-place finishes in the Big 12 Championships and the NCAA Midwest Regional.

The Cyclones' 2011 cross country schedule is set to be released in the coming weeks.

>>SOCCER.p29

along with players from as far away as Texas and Mississippi. Graboski said the incoming athletes are "good finishers" who will afford their team "a lot more scoring opportunities."

"Having a big class come in guarantees that no spot is set in stone and

that there's going to be competition from day one till the end of the season," Dominguez said.

The 2011 season will commence on Aug. 6 with the Alumni Game in Ames.

The team will begin competitive play at Drake on Aug. 19. The team's first away game will be followed by its home opener Aug. 21.

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Staying fit will help you maintain high levels of energy and stamina. Honing these qualities will make you more successful. Aim to do some form of moderately challenging physical activity regularly. Photo courtesy of Thinkstock

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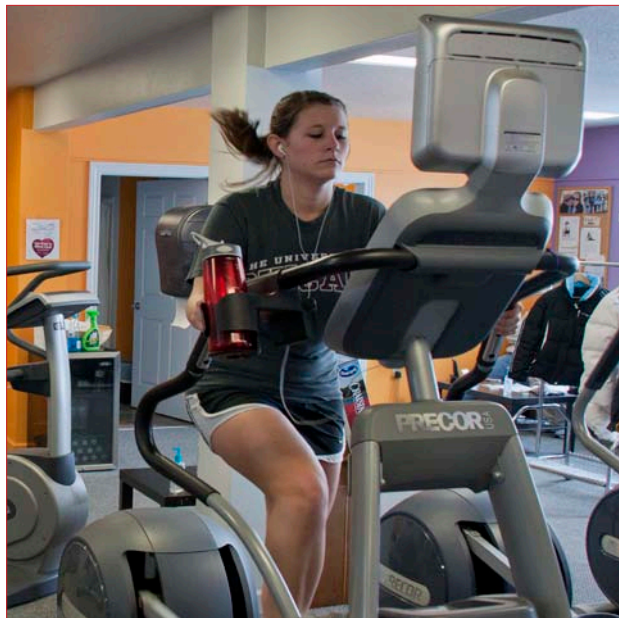
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Training

Choose the right workout site



While indoor gyms offer climate-control, outdoor workout sites offer changes of scenery. Photo courtesy of Thinkstock

By Lea Petersen
@iowastatedaily.com

When it comes to working out, most students have a routine: Workout clothes? Check. Workout shoes? Check. However, the location of your workout is just as important.

Panteleimon Ekkekakis, associate professor of kinesiology, explained that while the venue of a student's workout is purely a personal choice, both working out in a gym and exercising outdoors have their benefits and costs.

Outdoors

Positives:

- * More opportunity for attentional distraction
- * Scenery changes
- * Varying terrain
- * Ability to work out without others watching

"Working out outdoors might offer more opportunity for attentional distraction, such as scenery to look at, which is associated with a lower sense of fatigue and higher enjoyment for many people," Ekkekakis said.

Negatives:

- * Excessive Heat
- * Humidity
- * Higher temperatures lead to higher discomfort

"If the temperature and humidity are too high, any possible advantage is wiped out," Ekkekakis said. "Higher ambient temperature and humidity are strongly associated with lower ratings of pleasure and enjoyment, and higher ratings of discomfort, exertion, and fatigue."

WORKOUT.p39 >>

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Take a trip down Iowa's many trails

By Stephen.Koenigsfeld
@iowastatedaily.com

As summer ends, more and more students will be out and about looking for something to do. Luckily, there are quite a few bicycle and running trails in and near the

city of Ames. Listed below are just a few of the more well-known trails that run through or around the city.

Chichaqua Valley

This 20-mile trail runs through Jasper and Polk County. The trail is for both runners and bikers. The trail is also wheelchair accessible. The trailhead is located just southwest of Bondurant. You must travel about a third of a mile down some gravel to get to the trail, but if you're looking for a trail to get

away from the world on, this is the trail for you.

Heart of Iowa Nature

This is another walking, running and biking trail that runs right to the south of Ames. The trail is 32 miles long and stretches from Melbourne to Slater. The trail's surface is made up of crushed stone and dirt, so most users prefer running on it to biking on it. The trail is fairly scenic, as it crosses the Union Pacific railroads and the Skunk River.

High Trestle

One of the more well-known trails in this area is the High Trestle Trail. What used to be called the "Ankeny to Woodward" trail is biker and runner friendly. There is a wonderful 13-story, half-mile-long bridge that overlooks the Des Moines River. The trail is 22 miles long and has a surface of asphalt and concrete. Travelers say to keep an eye out for the farm with buffalo along the way.

Ada Hayden

The Ada Hayden Trail wraps around the Ada Hayden

Lake, which is in the northern part of Ames. You can run near the water, and it's quiet and peaceful.

The trail is part of the Shared Youth Path System, it attracts a mix of runners and bikers.

"One of my favorites would be the Ada Hayden Trail," said City of Ames Public Relations Officer Susan Gwiasda. "I prefer to run in the morning, but that's just me. Also, there's a lot of wildlife."

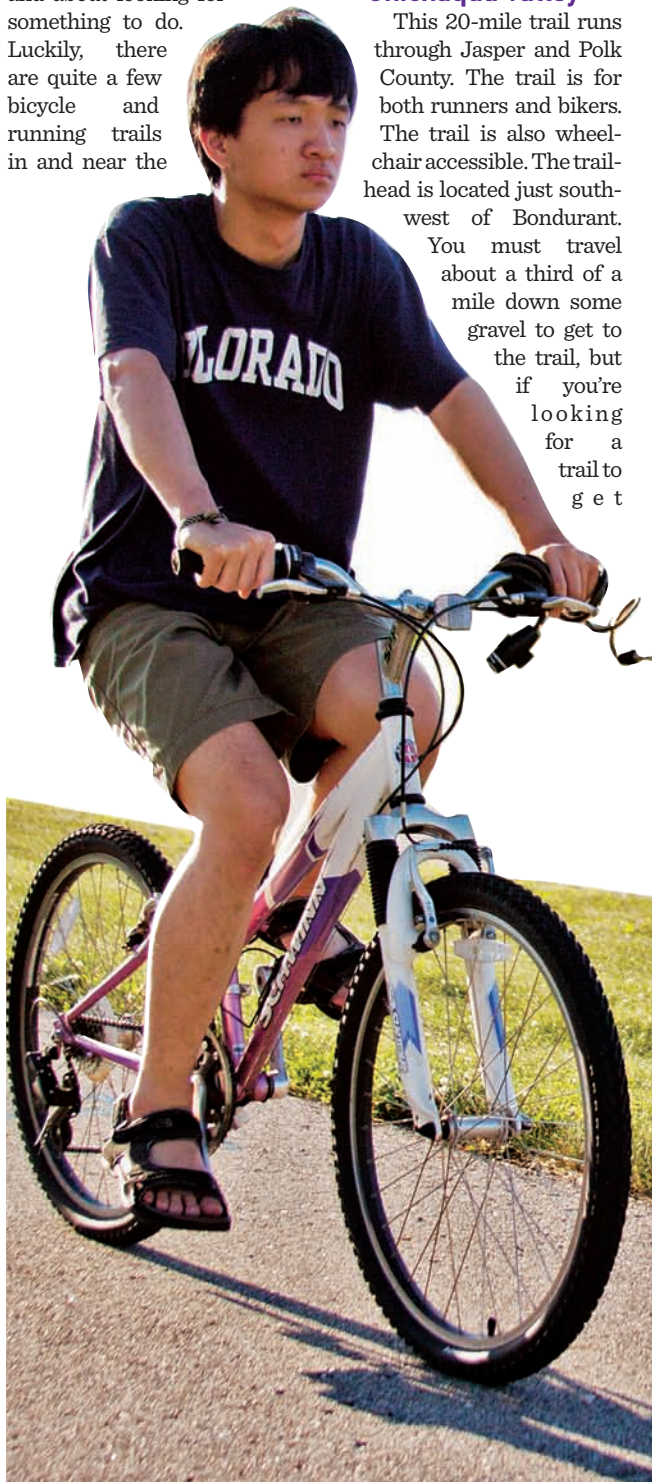
Ames bicycle

Ames also has 22 miles of bicycle trails running through the city. A map of these trails can be picked up at Ames bike shops or at the Ames City Hall.

"I like to use the trails to sometimes get to the Aquatic Center, but you can use them to get to parks and other places as well," Gwiasda said.

Traveling on these trails is a great way to stay in shape, blow off some steam, or just take a little personal time.

You can use these trails whether it's to get from point A to point B, or just to take an afternoon stroll.



Ames' many trails run through parks, along arterial roads, close to campus buildings and through wooded areas. The scenery is far from monotonous. Photo: Victoria Haradji/Iowa State Daily

>> **WORKOUT.p37****At the gym****Postives:**

- * Climate controlled
- * Less humid
- * Access to various types of exercise equipment

"A cooler and less humid environment is both safer and more easily tolerable," Ekkekakis said. "It is important to keep in mind that the human body has relatively limited tolerance to high heat and humidity."

Negatives:

- * Stressful for many people who feel that their bodies are on display
- * Presence of mirrors
- * Prevalence of tight clothing

"Exercising in a gym has been found to be stressful for many people who feel that their bodies are on display and are worried that they might be negatively evaluated by critical observers," Ekkekakis said. "The presence of mirrors and

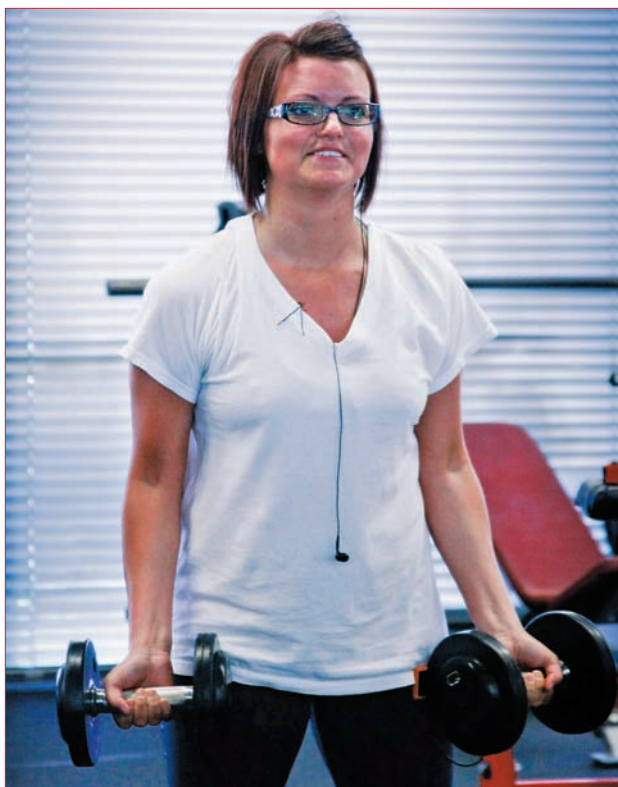
prevalence of tight clothing make the gym environment even more intimidating."

Ekkekakis said that the social environment is as important as the physical environment when regards to workout locations.

"Exercise takes place not only within the physical environment but also within the social environment," he said. "Sometimes, the social environment may be a facilitator, such as having support and encouragement from an exercise buddy, and sometimes it may be a deterrent, as in the case of the self-conscious person avoiding exercise in public."

Regardless of the social environment, the safety of the physical environment is what really matters, Ekkekakis said.

"As long as the physical conditions are safe, the decision on whether to exercise indoors or outdoors will depend on social factors."



The ease of storing dumbbells contributes to their popularity as home gym equipment. Photo: Kendra Plathe/Iowa State Daily

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Home

Save time, workout at home

By Lea Petersen
@iowastatedaily.com

With summer ending and the fall semester beginning, most students will find themselves preoccupied by a countless number of thoughts. One of these thoughts may be how they're going to stay in shape, or how to get in shape for the coming semesters.

Iowa State has a few recreational facilities right on campus, but if you would prefer to exercise at home, the best way to do so would be to make a home gym.

Benefits:

First of all, you pay no membership fee for a home gym (unless you count rent.).

Also, you have the freedom to work out at whatever time that is convenient for you. If you feel like working out at 2 in the morning, you don't have to worry about your gym being closed.

Having a gym at home also saves you a lot of travel time. You don't have to waste time going to the gym and back home every time you want to workout.

What you need:

Making your own home gym is not difficult at all. Listed below are some fairly inexpensive items you can buy to make your home gym:

HOME.p41 >>



When you workout at home, you can save time because you don't have to travel to the gym. Photo courtesy of Thinkstock

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Working out at home is both easy and affordable. Courtesy of Thinkstock

>>HOME.p40

Dumbbells:

These are easy-to-obtain free weights that help tone the arms and back. They are easy to store under a bed or in a closet. These are the most commonly used components of a household gym.

Bench:

A bench press setup with different weight plates is also a good addition to a home gym. The bench could just be one you purchase at a Home Depot or one you have already have in your apartment. You may only have to buy the weights and the bar.

Resistance bands:

These are cheap, easy-to-store pieces of equipment that can help you tone almost any part of your body. Some easy workouts you can do with these are assisted pull-ups, push-ups against bands and mobility exercises.

Expert advice:

Nora Hudson, recreation services program coordinator, has some advice for incoming freshmen.

"One of the most important things to keep down is a balanced workout," she said. "Push-ups, sit-ups and dips are great."

It is essential that you don't over-do your workout in the first couple months. Keep a balanced workout and do it consistently.

"Thirty minutes a day and doing one day [of] cardio, then the next strength is a good balance," Hudson said.

A myth about college is that if you exercise excessively, then you won't gain that "Freshman 15." Hudson called this the leading cause to repetitive injuries that she sees.

"The main thing I would say to stay in shape is to keep the muscles active," she said. "But also have fun with what you're doing."

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Recreation



Wiwi Sanusi Tjandra, senior in finance, enjoys fishing off of a bank June 12 at Peterson Pit. File photo: Chloe Lim/Iowa State Daily

By Stephen.Koenigsfeld
@iowastatedaily.com

Before school starts, most students will be looking for fun ways to spend their last weeks of freedom from school. Many students will be going outdoors to savor the nice weather. Here are a few places to which you can escape:

Ada Hayden

Ada Hayden is a park located on the north side of Ames, near Highway 69. The area has two lakes, a picnic area and a boat dock. Patrons may fish off of the boat dock, but may not dive from it.

Also located in Ada Hayden Park is a 3.2-mile trail for walkers, runners and cyclists.

The location features numerous birds including sand-hill cranes, loons, pelicans and even a few bald eagles. Check out the city of Ames Parks and Recreation site for more details.

Skunk River

The Skunk River doesn't have as many amenities as Ada Hayden Park. However, there are still a few outdoor activities you can try there with your family or friends. For instance, there are many fish in the Skunk River. You are bound to catch at least a couple.

There are places for tubing along the river. There are also many places to go canoeing on the river trail.

Seven Oaks

At Seven Oaks, you have a few different activity options. Some of the more popular activities visitors do are mountain biking and tubing. The resort also provides paintball every day of the week and river floats along the Des Moines River. There are campgrounds that allow you to spend a couple of days at the facility. Seven Oaks is located in Boone, which is only about 15 minutes from Ames by car.

A close-up photograph of a young woman with long, wavy brown hair, smiling warmly at the camera. She is wearing a denim jacket over a dark top. The text 'Someone you know is planning her future.' is overlaid on the image in a white, handwritten-style font.

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First Aid

Preserve your health naturally

By **Lea Petersen**
@iowastatedaily.com

Students have been packing during the last days of summer and boxing up every piece of clothing that might be needed for the upcoming school year. But two items that should be in all their cars as they trek back to Ames are a mini first aid kit and a portable version of Mom's medicine cabinet.

Greg Yeakel, chief staff pharmacist at Thielen Student Health Center, said that there are many ways students can care for themselves.

"There are many medicines that are safe and effective that students can administer themselves. Over-the-counter drugs such as Tylenol, aspirin and Aleve are great for minor aches and pains," Yeakel said.

Most students are on a budget. They can't always af-

ford to run to the doctor for every ailment. Fortunately, Yeakel has some first-aid tips for students who have to watch their expenses.

"For cuts, cleaning the wound is the most important. Adding ointment such as triple antibiotic will help with healing," he said. "In the case of mild burns, immersing the burn in cold water and not putting any ointment on the burn at first is the best plan of action."

As always, if students have any health-related questions, or experience worsening health conditions, they should see a physician.

"If students have any questions about how to treat a wound... they are encouraged to call the Student Health [Center] number. There is always a nurse who will answer," Yeakel said. "Also, students can come into the pharmacy and talk to a pharmacist. We might be able to prescribe a topical treatment."

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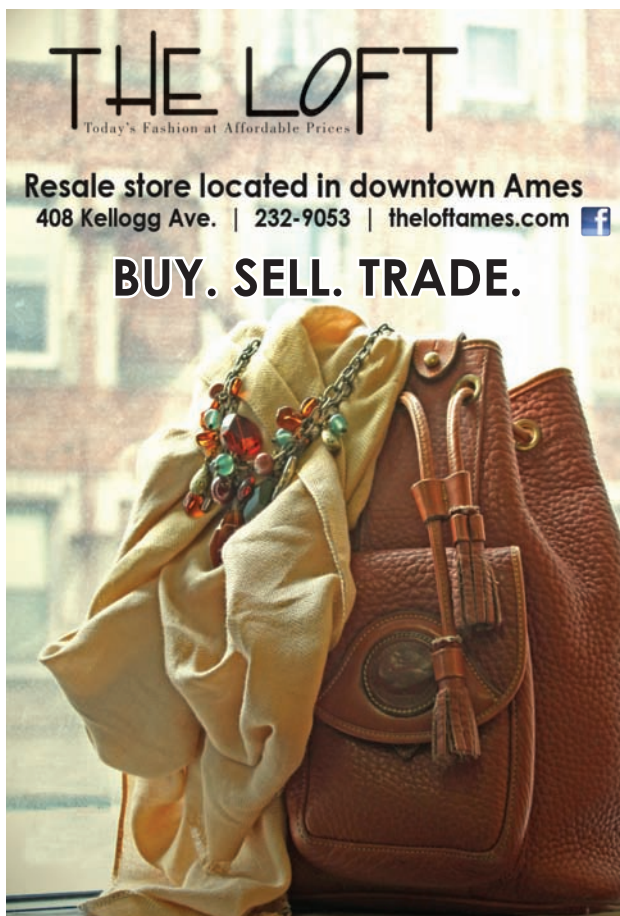
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Health

Fast food needn't be a fiasco

Variety of options available in Ames for smart meals on the go

By Claire.Powell
@iowastatedaily.com

It's not always easy to eat right when you're in a rush. Fortunately, there are plenty of options for those who want something cheap, filling and healthy. The five restaurants with some of the quickest service and the most locations in Ames each have their own offerings that let you avoid the typical burger, fries and shake.

McDonald's

At its locations on both the east and west sides of Ames, McDonald's gives you several meal choices that don't feature

HEALTHY p50 >>



Photo courtesy of Thinkstock

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Food

Grab groceries at these stores

By Katie Paulson
@iowastatedaily.com

As a college student, especially one who lives on campus, you might not find it necessary to know about all the grocery stores available to you in Ames. As soon as you're off campus, though, you might find yourself in need of a little guidance. Read the guide below to learn which one is right for you.

Aldi

Aldi is a hidden gem that not many people know about, but if you want to save money, going there is a must. Aldi carries the most inexpensive milk in town, and it offers a great selection of generic-brand items like cereal, chips, cheese and



Dahl's Foods opened on May 23, 2011. The new store is located on Grand Avenue. It replaced the old Cub Foods, which closed last year. File photo: Jordan Maurice/ Iowa State Daily

chocolate. It also has daily specials. Make sure to take a bag with you because Aldi doesn't provide bagging services.

Hy-Vee

Of course, where there is a helpful smile in every aisle, you can't go wrong. Check out its

website for Hot Deals, recipe ideas and special diet information. Whether your need is for basic ingredients or something exotic like saffron, Hy-Vee can fulfill it.

Also, if you come in between 4 p.m. and 6 p.m. you can usually catch the chef or the Simple Supper Solution crew handing out free samples and demonstrating great recipes that are easy to prepare at home.

Hy-Vee offers just about anything you might need and it has two locations.

Fareway

This is the store where the men or women in the meat department delight in giving

FOOD.p48 >>

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>>FOOD.p46

you the highest-quality meat they have at affordable prices. Fareway's deals on produce are just as good as the ones you can find on meat. Like Hy-Vee, Fareway has two stores in Ames.

Wheatsfield Cooperative

This local co-op, a community-owned grocery store, offers a variety of bulk products if you need to stock up on food, or if you just feel like purchasing a handful of your favorite trail mix. Wheatsfield provides a wide range of locally grown and organic foods and serves delicious prepared foods in its deli.

Keep your eye out for educational opportunities, too. Wheatsfield hosts classes throughout the year on a wide range of topics related to sustainability, cooking and preparation methods.

Dahl's

Dahl's is the newest grocery store in Ames. The store is located in the same building that Cub Foods was housed in before it closed last year. In addition to having grocery store staples, like produce, canned food and a meat counter, Dahl's also has a deli, a bakery and an adjoining dining area.



With two locations in Ames, Hy-Vee offers Hot Deals, recipe ideas and special diet information . Photo: Whitney Sager/Iowa State Daily



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Food Safety

Avoid germs in your kitchen

Ensure the safety of your food and the soundness of your health by following these simple guidelines

By Lea Petersen
@iowastatedaily.com

The dining halls at Iowa State have a lot to offer, but sometimes students don't have time to rush in and grab a bite, don't have a meal plan or want to try out a new recipe. While cooking yourself a homemade meal is rewarding, there are a few precautions that students should take first.

Lakshman Rajagopal, assistant professor in apparel, educational studies and hos-

pitality management said that there are four main areas of concern in food safety: poor personal hygiene, cross contamination, time-temperature abuse and improper cleaning and sanitizing.

Wash hands

"Students can prevent many of these problems by washing hands with soap and warm water (100F) for 25 seconds," said Rajagopal.

SAFETY.p50 >>



Washing fruits and vegetables will help prevent illnesses. Photo courtesy of Thinkstock



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& Bombs

TUES: \$2 Captains

WED: Happy Hr. Pitchers

THURS: \$1 Off Import Bottles
\$2 Domestic Bottles

>>SAFETY.p49

Avoid cross-contamination

"Avoid touching raw meat and fresh fruits or vegetables using unclean hands. Always wash hands between two different products and never leave food out on the counter," Rajagopal said.

Use clean utensils

"Wash, rinse and sanitize surfaces and utensils. You can use a dishwasher to clean dishes and sanitize them because it uses hot water.

If not, students can add 1 tablespoon of chlorine bleach to one gallon of warm water to sanitize cooking items," Rajagopal said.

Pay attention

Certain foods require more attention than others, such as raw meats, dairy products and frozen items.

"Refrigerate foods right away after they bring it from the grocery store. After cook-

ing food, any leftovers should be stored in the refrigerator right away.

When reheating, reheat it completely and consume. Any food left out for more than four hours should be discarded.

Most vulnerable foods are those foods that are rich in protein and/or carbohydrates.

"Protein-rich foods include meat, tofu (soy), milk and milk products, and seafood. Carbohydrate-rich foods include rice, potatoes and pastas. Some foods, like peanut butter, keep well at room temperature, but always follow instructions on labels. For an example, organic peanut butter needs to be refrigerated immediately after opening it," said Rajagopal.

For more information on food safety, please visit www.iowafoodsafety.org.

>>HEALTHY.p45

fries or other starch-packed offerings. The five healthiest items available are the Filet-O-Fish sandwich, the 6-piece box of Chicken McNuggets, a single hamburger, the Southwestern Grilled Chicken Salad and the Grilled Chicken Ranch Snack Wrap.

Arby's

Known for its roast beef sandwiches, Arby's has other menu items that are equally healthy. In fact, most of its salads (when paired with the right dressing) and hot ham-and-cheese sandwiches can be healthier than the roast beef sandwiches. The latter are usually loaded with cheese and bacon.

Taco John's

Taco John's soft-shell chicken tacos and crispy tacos each have lower fat content than any comparable taco or burrito in town. Sour cream

and guacamole, although very tasty, add calories to these meals, so use them sparingly.

Subway

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ISBN: 9781435428638
New Price: \$60.00
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 Title: Microsoft Office 2010: introductory
Author: Shelly
Edition: N/A
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




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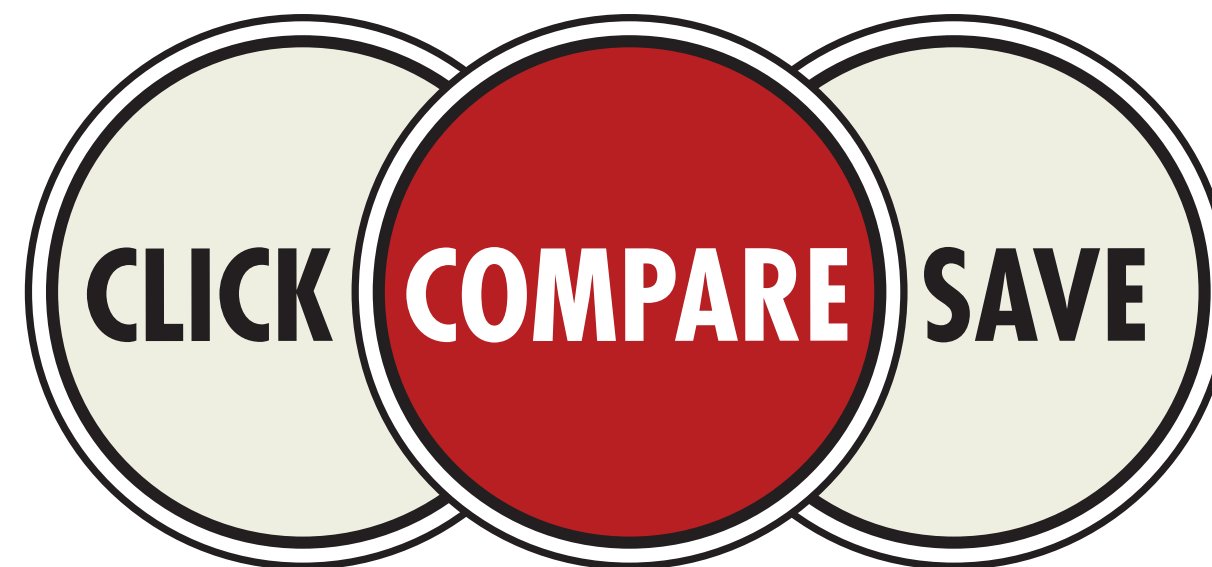
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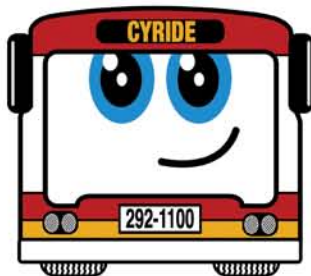
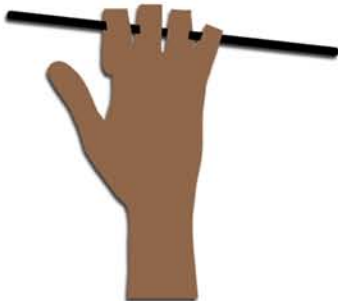


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Interior Design

CUT THE COST *of furnishing* YOUR SPACE

By Joy Wessels
@iowastatedaily.com

Moving into a new apartment or house can be hectic. Between meeting new roommates and getting used to your new environment, the whole move-in process may be both emotionally and physically draining. Furnishing your new “crib” may also drain your wallet. To keep your losses to a minimum, remember these houseware-hunting tips.

FRUGAL.p56 >>



Garage sales, which are advertised in the newspaper, offer cheap furniture. If you negotiate with the person who is running the sale, you may even get the item for a lower price. Photo courtesy of Thinkstock

>>FRUGAL.p55

Ask around

If you're OK with not having brand-new furniture, then I'd recommend checking with extended family members who might have some old things lying around. You'll probably find that they have a kitchen table stashed away or a couch that has a small hole in it.

Furniture like this often has the advantage of being free — a benefit few college students can afford to overlook.

Buy used

If you don't have much luck getting free stuff from your family, consignment stores like Goodwill and The Salvation Army are excellent places to check out for incredibly low-priced items that are still in pretty good shape. They have everything from lamps for less than \$10 to kitchen tables for \$30. Their chairs typically range from \$25 to \$100.

These types of stores often contain hidden treasures that can actually make your apartment look pretty good. Add a vintage patterned couch to your living room or funky-shaped chairs to your kitchen table. Your visitors will be sure to envy the flair they add to your decor.

Other good places to buy used furniture are garage sales. In a city as big as Ames, there are garage sales happening all the time. They're usually advertised in the

newspaper listing items for sale as well as the location of where you can rummage. While prices at Goodwill and Salvation Army aren't negotiable, they definitely are at garage sales.

Things are already pretty cheap, but with a charming smile and a "poor college kid" sob story, you'll be sure to knock off a few more bucks. If there isn't a garage sale going on, don't be afraid to try Craigslist. People are in such a hurry to get rid of big bulky furniture that they'll probably give you a good price for it.

Try retail stores

While consignment stores and garage sales can sometimes be hit or miss, Target and Walmart are pretty reliable when it comes to having good deals on great-looking furniture. As the school year approaches, both places open up their dorm life sections.

Dorm life sections offer a lot for apartment- and house-dwellers. Lamps range from \$15 to \$60 in price. Side tables can be found

for less than \$50. Walmart and Target locations will usually stock coordinated furniture and accessories as well. If you like things to match closely, buy a couple throw pillows for less than \$20 that go with the design on your lamps.

Don't make moving into your apartment or house this school year a hassle or let it burn a hole in your wallet.



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Living

Roommates who **PLAY** *together* **STAY** *together*

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honestly to keep a peaceful room*

By Krupali.Desai
@iowastatedaily.com

The start of the school year is nearing. When it begins, some of you might be living in places you will share with fellow students for the first time. Others of you might be familiar with sharing your place. Whatever your experience is, applying the expert tips below will guarantee you a great time.

Talk it out

While you share a living space, your relationship with your roommate affects your and your roommate's experience. Like any relationship, the one you have with your roommate requires a lot of communication.

Susan Lammers, hall director for Schilleter and University Village, suggests you determine in advance who will clean what, how you feel about guests in the space, how you might share and split food, and how cleaning duties might be shared.

If done with consideration and openness, communication

will make your relationships with roommates uplifting and natural.

"Discuss past roommate experiences and what you all expect from one another," said Quiana McKenzie, gradu-

Roommates staying together

Talk it out

- cleaning
- guests
- food

Keep it tidy

- respect
- organization
- rotate duties

Balance friends and studying

- find quiet places on campus
 - inspire roommates to study
 - rotate duties
-

“I certainly recommend being open and agreeable to helping your roommates pick up

— Molly Slattery
senior in kinesiology and
health and community adviser
for Frederiksen

ate in educational leadership and policy studies and assistant community director at Frederiksen Court. “When I meet with students, it’s often because they did not have this conversation and the tension between them has become intolerable.”

McKenzie said roommates need to address their problems head on.

“Maybe your roommate does not know how to fill or use the dishwasher. Maybe your roommate had a really rough



Photos courtesy of Thinkstock

day and did not remember to empty the dryer,” she said. “Honest and polite communication is invaluable in any roommate situation.”

One of the great things about living in college town like Ames is that you get to hang out and chill with friends and neighbors. Before you plan one of your pleasant gatherings, however, it is a good idea to talk about it with your

roommate.

“When considering guests, think about creating a calendar on which everyone can list their major papers and exams,” McKenzie said. “It may not be a good idea to have guests over when you know your roommate will be stressed about a big paper or exam.”

Keep it tidy

“The independence [afforded by living in apart-



ments] is exciting,” said Molly Slattery, senior in kinesiology and health and community adviser for Frederiksen. “But be prepared that you may have to spend time on chores you hadn’t in the past.”

A clean apartment or house not only keeps colonies of germs at bay, but it also makes your place welcoming

ROOMMATE.p60 >>

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>>**ROOMMATE.p59**

to you and your roommates.

"Respecting the other people you live with by cleaning up after yourself is a great habit to get into," said Josh Knust, senior in mechanical engineering and president of Interfraternity Council.

Keep your space organized and looking and smelling nice. This will help you find your items more efficiently.

"Make sure that the chores alternate from roommate to roommate each week," McKenzie said. "No one wants to get stuck cleaning the bathroom all year."

Planning and talking about cleaning duties is also important. One roommate may assume the other will clean something at a certain time, but he or she may not know that. Unless all involved parties communicate, there can be discord.

"I certainly recommend being open and agreeable to

helping your roommates pick up as this is a friendly gesture and makes your roommates more likely to help you in the future, too," Slattery said. "Ultimately, however, it's important to take responsibility for any messes you make."

Balance spending time with friends and studying

As you watch your favorite shows together, go on shopping trips and play video games, school sometimes may slip lower on your list of priorities. Don't forget to schedule some dedicated study time.

"The hustle and bustle [of communal living] has never bothered me, but it can be distracting when you're trying to get some things done," Knust said. "Don't be afraid to use all of the study spaces offered on campus and local churches."

You and your roommate (or roommates) can actually inspire each other to do better in school.

If you manage not to get too distracted by non-academic



Photo courtesy of Thinkstock.

matters, studying together can help you more than studying alone.

Sometimes watching your friends studying nearby can motivate you to follow suit if you're not in the mood to concentrate.

Make the most of your shared living experience

You will only get to live with fellow students for a few years. Why not make those few years enriching by developing relationships? Knust suggests branching out and meeting as many people as possible.

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Homemaking

ADD COLOR TO CREATE COMFORT

By Kaitlin Miner
@iowastatedaily.com

Make your space your own at low cost

With the summer heat setting in, many students are seeking an oasis in the form of an air-conditioned apartment or a residence hall room. However, transforming these living spaces into areas that are fit for an escape from the heat isn't always easy.

One of the best ways to improve your living space is to add color. Doing so in a small space and on a college student's budget may seem like a daunting task, but after heeding a few tips, you can start enjoying a little more color in your own space.

Know your colors

Deciding the feeling you want from your room is the first step in knowing what colors will suit your space best, said Jihyun Song, assistant professor of interior design. Whether you're looking for a relaxing, calming refuge or a bold, energizing area, different colors will fit different effects better.

For a relaxing, calming effect, cool colors like blues, greens and violets are most appropriate. Warm colors like reds, oranges and yellows are best for a bold, energizing effect.

If you're unsure about what direction you want to take in your area, Cigdem Akkurt, associate professor of interior design, recommended looking to nature for inspiration.

"What I suggest to students is to look at nature, especially now. When you look at nature, in general, you can look at the sky, the green grass right now, the lush grass and the flowers in it So nature is important," Akkurt said. "You don't have to look at nature as the big picture either; take a flower, for instance, and look at it."

Akkurt also believes having a main piece, "like a couch you adore or something else of sentimental value," can aid in developing the ambience of the room. Whether you have an inspiration piece that is guiding your color choices or you're looking toward nature to inspire you, Akkurt believes it's

about discovering what you like about the colors around you.

"You don't really have to know about the science of color, like the color wheels and stuff. It's a personal reaction. If you know that something is speaking to you, then you stop and listen to it ... or you look and see it," Akkurt said.

Consider the context

Knowing the context of your color is also key, Akkurt said. The form, light and materiality will determine how the color will look in a room.

Form is important because it allows you to really think about where you want the color to be in a room.

When looking at the materiality of a room, you should look at the structure of the room, whether it's made of

mostly concrete or is framed by a lot of woodwork. Certain reactions accompany each material, such as the warmth that is evoked in a room with a lot of woodwork.

Considering the light in the space is the most important thing in understanding the context of color, Akkurt said. Knowing where color will appear in a room and how much light will be in the room will help you see how certain colors will actually appear in a room.

Mix and match

"It is important to establish early on that it's not about a color. It's about the relationship of colors A punch of color can be used in a simple way that ... can make an impact," Song said.

Being able to bring different colors together in a space can actually help make a small space appear larger, or vice versa.



COLOR.p63 >>

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>>COLOR.p61

Warm colors appear to be closer to us than cool colors, so a room with a cool color palette appears more spacious, Song said. Contrasting warm colors with cool colors can actually make cool colors appear cleaner and crisper, evoking a feeling of calmness.

"Using warm colors in the foreground and cool colors in the background enhances the perception of depth. Cool colors in a background are frequently used to set off areas of warm colors. In a college room, since it's usually a small room, you can give accents with warmer colors on pillows and other accessories while you're setting a larger surface area with cool colors."

It's also important to use patterns in playing up the size of your room. If you're working with a small space, using light colors and tones with smaller patterns helps the space appear larger, Akkurt said.

Find your focus

Akkurt believes that even

in small spaces it's important to have a focal point. A fireplace or other design feature can serve as a great focal point.

Centering the furniture around a focal point in a way that stimulates conversation helps emphasize the focal point, Akkurt said. Once you have a focus, color can be used to help you add focus to that area.

In many college residence hall rooms and in many students' apartments, the television serves as the focal point in a room. Surrounding a television with other visually interesting items helps add interest to this area. Using bookshelves with books or some form of greenery are good techniques, Akkurt said.

Books add a personal touch to the room and elicit a certain response from the reader. Greenery, when placed near a window or in a visible area rather than tucked in a corner, helps connect the outdoors and indoors, and helps break that boundary between the room and the outdoor space. Just make sure it's a plant



that requires minimal effort or one that can be easily maintained to ensure that it will stay green.

Posters and artwork can also add personality and interest to a room. Akkurt believes original artwork can serve as meaningful focals.

Photographs can also serve as a personal focal point in a room. Using color, such as one bold wall in a room balanced by cooler colors in the rest of the space, is a good way to draw attention to a focal point, Akkurt said.

Song believes that using a monochromatic color scheme can also help students save money. Picking one hue to decorate in a room and using various tones of that hue helps keep cohesion in a room, and can be easily done if you have a

majority of accessories in one color.

Color doesn't have to be complicated

Akkurt believes testing out a color in your space with different accessories or easily changeable pieces, like slipcovers or rugs, allows you to experiment with what feeling and colors you want to have in a room.

Remember, it's your space, and, as Song said, "The most important thing about the colors in our room is that it be a reflection of you."

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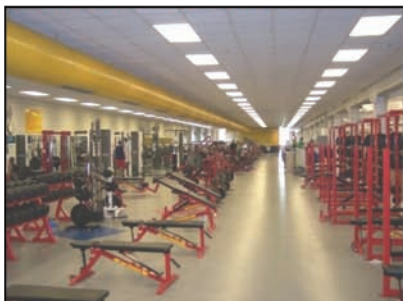
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Jewelry



A scattered mass of beads sits waiting to be assembled into a necklace. You can personalize a necklace with unusual beads and bead-placement patterns. Photo: Jordan Maurice/Iowa State Daily

Make a bead necklace

Simple craft is a great gift for friends, relatives

By Katherine.Klingseis
@iowastatedaily.com

Making jewelry is one of the most rewarding crafts you can do. When you finish making your jewelry, you can either keep it for yourself or give it to someone as a gift. Regardless of who ends up with the final product, making jewelry is a lot of fun. Here is a list of materials and a set of instructions to help you make your own necklace:

Materials:

1. Beads
2. Beading thread
3. Needle

4. Clasp
5. Pliers
6. Nail polish

1. Buy supplies

First, decide what you want your necklace to look like. If you are making the necklace for yourself, you can pick any beads you like. If you are making the necklace for someone else, you should take that person's tastes and interests into account. For example, choose beads that are that person's favorite color or charms that represent activities and objects that that person is interested in. You will also need to buy beading thread, a needle, a clasp, pliers and clear nail polish.

BEADS.p66 >>



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The necklace undergoes construction. One great aspect of bead jewelry is the ease with which crafters can remove and add beads. Photo: Jordan Maurice/Iowa State Daily

>>BEADS.p65

2. Decide length of necklace

Necklaces come in a variety of lengths. If you want to make a choker necklace, the length of your beading thread should be between 10 and 13 inches. Most necklaces range between 17 and 20 inches in length. Determine your ideal necklace size and cut your beading thread accordingly.

Additional tip: Everyone has a different-sized neck. In order to make the best-fitting necklace, measure the neck of whoever will wear the necklace.

3. Prepare your thread

After cutting your thread, you need to take your clasp and tie your thread to one end of your clasp. To secure the knot, dab a bit of clear nail polish on the knot.

4. Thread your beads

Once your clasp is secure, begin threading your beads. If you decide to have a pattern, make sure to keep track of it as you thread your beads.

5. Finish your necklace

If you are satisfied with the placement of your beads, your next step is to tie the other end of your beading thread to the other side of your clasp. Using a needle, thread your beading thread through the clasp and begin to tie a knot.

Before pulling the knot tight, place another needle in the open space created when you began tying your knot. As you pull the second needle near your last bead, begin to tighten the knot by pulling the first needle away from the last bead. Essentially, you want to make the knot the closest it can be to your last bead. Once you accomplish this, pull the second needle out and pull the knot tight. Use nail polish again to secure the knot and cut off any excess thread.

6. Wear your necklace or give it to someone else

Once you finish your necklace, you can immediately put it on. If you made it for someone else, you can put the necklace in a nice gift box and give it to him or her.



Above, the final bead necklace. Making jewelry yourself adds a personal touch to your gift or personal jewelry collection. You can wear it wherever you like. Photo: Jordan Maurice/Iowa State Daily

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Papercraft

Add mystery with a mask

Conceal your own face with a plaster cast of it

By Katherine.Klingseis
@iowastatedaily.com

People around the world love to wear masks. Masks let their wearers escape the scrutiny of others. They give people the confidence to act however they want. They are also quite easy to make. Here is a list of materials and a set of instructions that will help you make a mask.

Materials:

1. Plaster cloth
2. Petroleum jelly
3. Water
4. Scissors
5. Newspaper
6. Acrylic paint
7. Card stock
8. Sand paper



Lay out materials before making your own plaster mask. Be sure to keep your work space clean. Photo: Jordan Maurice/Iowa State Daily

1. Buy supplies

You'll need water, scissors and newspaper, which you'll probably be able to find lying around the house. If you don't have petroleum jelly, you can buy it at a retail store or drug store for less than \$5. You will have to go to a craft store to buy plaster cloth, which will cost you between \$5 and \$10.

2. Prepare work space

Making masks can be kind of messy. You will want to cover your work space with newspaper to prevent damage to it. It is also a good idea to wear old or cheap clothing.

3. Decide what kind of mask you want

Masks come in all shapes and sizes. Before you start making your mask, you need to decide what kind you want. For instance, you can make a mask that covers your whole face, or a masquerade mask, which only covers a portion of your face.

4. Apply petroleum jelly to your face

After you decide how big you want your mask to be, begin applying petroleum jelly to your face. Cover the areas of your face

that you want your mask to cover.

Additional tip: Make sure to coat your face well. If you don't put enough petroleum jelly on your face, mask removal will hurt.

Cut your plaster cloth into strips. Dip two strips into water,

5. Place plaster cloth on your face

and place these strips in an "X" formation, allowing the two strips to cross in the center of your face. Continue to dip strips of plaster cloth into water, and place these strips around your face, linking the "X" together. Coat your face with two or three layers of plaster strips.

6. Let plaster dry

You should let the plaster strips dry until your face begins to itch.

7. Remove mask

In order to remove your mask, you will need to stretch the skin of your face. You can do this by lifting your eyebrows and lowering your chin. As you do this, slowly pull your mask away from your face.

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8. Decorate mask

After you remove your mask from your face, you can start to personalize it. You can do this by adding more plaster, painting it and adding embellishments. If you want to paint it, first remove all rough spots by rubbing sandpaper on your mask. Then, apply a coat of clear acrylic paint. After the clear paint dries, begin painting your mask with the colors of your choice. When the paint

dries, you can glue on additional decorations such as ribbons, jewels and pipe cleaners onto your mask.

9. Wear mask

After allowing everything to dry, slip on your mask and enjoy your anonymity.



The finished mask sits to dry. Photo: Jordan Maurice/Iowa State Daily

Scrapbooking



Cutting out a paper backing for a photo to scrapbook. Scrapbooking involves a lot of gluing, cutting and decorating. Photo: Jordan Maurice/Iowa State Daily

Preserve your past

By Katherine.Klingseis
@iowastatedaily.com

Scrapbooking not only is a fantastic means of expressing your creativity, but also a great way to preserve memorable moments. Here is a list of materials and a set of directions.

Materials:

- * Lots and lots of photos*
- Stationary or colorful paper
- * Photo album

- *Tape
- *Glue
- *Scissors
- *Paint
- *Markers
- *Stencils
- *Glitter
- *Buttons
- *Stickers
- *Ribbons

1. Take many photos

The most important aspects of a scrapbook are its photos. In order to make a good scrapbook, you must take a lot of photos — the more the better. These photos should be of important events, people, places and animals (among other things). The photos should be personal and mean something to you. They should also be vibrant and engaging. You should store these photos in a safe, dry, climate-controlled place.

SCRAPBOOK.p72 >>

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>>SCRAPBOOK.p72

* Additional tip: Kodak.com recommends taking close-up shots to help you remember the details of what was occurring when the photo was taken.

2. Keep memorable items

Mementoes such as ticket stubs, airplane tickets, greeting cards and invitations also add sentimental value to your scrapbook. If some item is important to you, consider putting it in your scrapbook.

* Additional tip: According to MarthaStewart.com, anything can be potential material for a scrapbook. The website explained that even business cards can be used in a scrapbook to help you remember stores, hotels, restaurants and other locations.

3. Pick a theme

Every scrapbook needs to have a theme. Ideas for themes range from holidays to vacations to births. If you have a wide variety of pictures from different events, don't be afraid to make multiple scrapbooks. In order to add as much detail as possible to your scrapbook, you need to narrow its focus. Placing photos from too many events will make your scrapbook seem scattered and confusing.

4. Buy supplies

If you want to make a quality scrapbook, your supplies should reflect your theme. For instance, if the theme of your scrapbook is a birth, then you may want to choose pastel-colored paper, paint and markers. If you are making a vacation-themed scrapbook, you may want to choose supplies that remind you of a particular vacation spot.

5. Plan each page

Like many things in life, scrapbooking is best done after you've done some planning. Planning doesn't necessarily mean having to measure each picture and drawing out a rough draft of each page — although doing either wouldn't hurt — but it does mean that you should think about what you want on each page. After you figure out what you want on a page, you should lay these objects on the page without gluing them to see how they look in relation to one another.

6. Begin gluing your photo and mementoes onto paper

Following your previously made design plans, start gluing your photos and mementoes on to stationary, colored paper, or other kinds of decorative paper. Matting your photos against colorful paper will help make the photos "pop."

This will also be the time to add embellishments such as buttons, ribbons and glitter. Make sure to not make your pages too busy. If you add too many items to a page, you won't be able to focus as well on a particular photo or memento.

* Additional tip: Disney's FamilyFun website advises writing funny quotations, stories and jokes on your scrapbook.

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>>SCRAPBOOK.p72

The website also recommends drawing cartoons and doodles to keep your pages unique and engaging.

8. Allow glue to dry

After allowing the glue to dry, shake your pages to rid them of any excess material, then slide them into page protectives in your photo album.

9. Store your scrapbook

Making a scrapbook is a lot of fun. Looking at your scrapbook years after you made it is an even more enjoyable experience. To prevent damage to your scrapbooks, you should store them in a secure spot. Also, don't be afraid to share your scrapbooks with others, especially those who are in your scrapbooks.



A finished scrapbook serves as repository of memories and a demonstration of your artistic skill.
Photo: Jordan Maurice/Iowa State Daily

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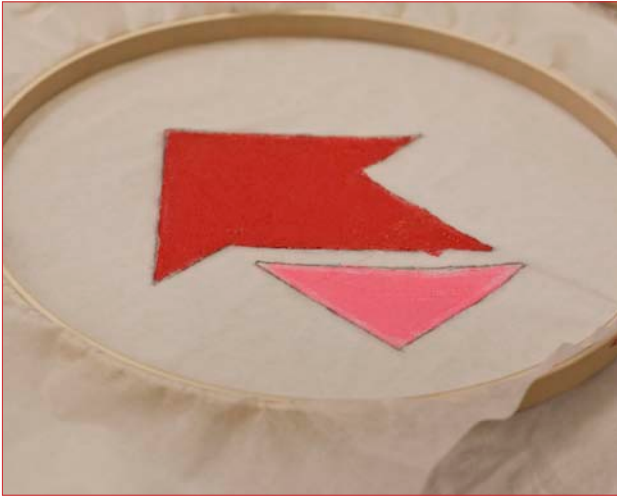
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Screen Printing

Trick out your plain t-shirts



Here is what your screen printed design will look like once you've painted it. Jordan Maurice/Iowa State Daily

By Katherine.Klingseis
@iowastatedaily.com

Many students are looking for ways to be different and stand out on Iowa State's large campus. Screen printing your own designs onto your clothes is one way to do this. Here is a list of materials and a step-by-step tutorial that you can use to help you screen print.

Materials:
Clothing item
Fabric ink
Embroidery hoop
Mod Podge glue
Curtain fabric
Sponge
Paintbrush

1. Choose an item to screen print on

You don't want to screen print for the first time on an expensive item, because you may mess it up. A cheap t-shirt is an ideal choice.

2. Decide design and colors

Screen printing is all about freedom. You can design anything and put it on a piece of clothing. Simple designs are easier to screen print. For your first few screen printing attempts, I would recommend trying a simple design, like some shapes or block let-



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ters. Using a limited number of colors will also help prevent errors. One you decide on your design, draw it on a plain piece of white paper.

Additional tip: You should understand that many logos, designs, symbols and artistic works are protected by trademark or copyright laws. To prevent being fined, avoid copying someone else's work. Creating your own design is more fun anyway.

3. Buy supplies

One of the most important tools for screen printers is a screen. Buying a screen made specifically for screen printing can cost you \$30 or more. To save some money, you can make a screen by using an embroidery hoop, which you can buy at Hobby Lobby for less than \$5, and curtain fabric, which is available at Hobby Lobby for less than \$10.

The next thing you want to buy is some fabric ink, which usually ranges from \$5 to \$20 in price.

You also need to buy Mod Podge, which you can find at craft and fabric stores. Mod Podge is about \$8. You will need some paint brushes and a sponge.



Don't forget to cover the surface you're working on with old newspaper or the like to prevent paint from getting on the surface. Jordan Maurice/Iowa State Daily

4. Prepare your screen

Unscrew your embroidery hoop and separate its two loops. Then, take your fabric curtain, and stretch it over one of the loops. Place it on the other loop to secure the fabric. Cut around the hoop to get rid of any excess material.

5. Transfer design onto your screen

Place your design in the center of your screen, and trace the design onto the curtain fabric. Using a paint brush, apply Mod Podge over any space on which you do not want paint to appear. Allow the Mod Podge to dry for a few hours.

6. Apply paint

Before you apply any paint, make sure to place a piece of cardboard inside your t-shirt to prevent ink from soaking through to the back of the shirt. Then place the screen on your shirt wherever you want your design to be. Use your sponge to apply the fabric ink to large areas, and use your paint brushes to apply the ink to small areas. After you finish painting, lift up your screen. Finally, place your t-shirt in a safe location and allow the paint to dry overnight.

Additional tip: Don't throw away your stencil, re-use it!

7. Wash and wear

After the paint dries, wash and dry your t-shirt. As soon as it's dry, try it on!

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Faith



A group of Muslims pray after having dinner on September 16, 2009 at the Darul Arqum Islamic Center. File photo: Iowa State Daily

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Shari Reilly

By Scott MacDonald
@iowastatedaily.com

During the rush of classes, it's often difficult to find time for spirituality. That's where the many varied religious organizations in Ames come in. Here's just a brief look at some of the campus outreach programs offered by the city's groups.

Protestant

The River, the collegiate program of First Evangelical Free Church, meets Thursday nights during the school year and also organizes small-group Bible study programs. 2008 24th Street, Ames.

Collegiate United Methodist Church and Wesley Foundation offers student worship services and studies, as well as frequent outreach and fellowship events (leaders say they're especially proud of their midnight pancake feeds, one of which attracted 500 students last year). 2622 Lincoln Way, Ames.

The Salt Company, run by Cornerstone Church, offers a contemporary worship experience, as well as small connection groups and other activities. It is nondenominational, but Cornerstone is informally affiliated with the Southern Baptist Convention. 56829 U.S. Highway 30, Ames.

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Fellowship is for students interested in liberal religious thought. The group meets to stimulate mutual understanding at the Unitarian Universalist Fellowship of Ames, 1015 Hyland Avenue.

Latter-Day Saints

The ISU chapter of the Latter-Day Saints Student Association meets at the LDS Institute of Religion, for classes and meetings every week. The LDSSA also holds a lunch forum every Friday. 137 Lynn Ave. Suite #208, Ames.

Hindu

The Hindu Temple & Cultural Center of Iowa is located at 33916 155th Lane in Madrid, about 30 minutes away from Ames by car. The temple is open from 9 a.m. to noon on all days, 5 p.m. to 8 p.m. on weekdays and 9 a.m. to 8 p.m. on weekends.

Non-religious

The Atheist and Agnostic Society is a group for ISU students wishing to lead a full life without the influence of religion. Members meet weekly at the Memorial Union, and the group puts on events and takes trips frequently. Contact Dr. Hector Avalos, associate professor of religious studies.

Catholic

St. Thomas Aquinas Church and Catholic Student Center, on Lincoln Way across from the Memorial Union, is one of two Catholic parishes in Ames and the only one on campus. Students in their Catholic Student Community run and participate in their Thursday Night Liturgy, as well as other events.

Islamic

Darul Arqum Islamic Center, which is on Iowa Avenue (off of Ontario Avenue west of campus), is Ames and Story County's only masjid (or mosque). Serving as the center for salat (prayer 5 times a day) as well as study, the Center is very active in fostering the faith of Ames Muslims as well as helping to promote inter-faith understanding in the community.

Jewish

ISU Hillel aims to support

Iowa State's Jewish students and to encourage service and learning on campus. The group works with the Ames Jewish Congregation, 3721 Calhoun Avenue.

Buddhism

Ames' nearest Buddhist center is located in Des Moines. There are a few meditation groups in Ames. For instance, the Ames Karma

Kagyü Study Group meets every Sunday at the Memorial Union. The Unitarian Universalist Fellowship of Ames hosts group meditation.

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Seasonal Style



Long dresses, leather accessories, plaid shirts are all you need to be fashionable this fall. Photo courtesy of Thinkstock

Be a fall fashionista

Autumn brings chance to sport bold new looks

By Ian Laughead
ISD Style Writer

Three weeks from now you might be back in your sweatpants-and-hairband wardrobe, but for now, here's what you could be wearing this season.

Go long

So, you like wearing your skirts hiked up to your crotch on Friday nights? We're not judging you. For the daytime, though, you might consider skirts that cover not only your upper thigh, but also your knee and the areas below.

From the catwalks of Milan and Paris

to the Forever 21 at the mall, skirts are getting longer, and legs are getting warmer. You don't have to go for the full-on maxi dress, but if you try on a skirt with a little extra length, it could make you look sophisticated and chic

Plaid to the bone

This isn't your hipster's plaid shirt. While the pattern might have become the mark of the countercultural crowd lately, they certainly don't own it. This fall, wearing some plaid won't make you underground anymore.

Since it's showing up at most stores in the mall at this point, plaid is clearly for everyone. But don't think it has to be in the form of that ubiquitous plaid shirt. Experiment with it on leather-trimmed bags, jackets and even scarves. However,

the No. 1 rule of this pattern is important to note: moderation is key. Nobody wants to go to a party where everyone is wearing the same plaid shirt.

Leather, rubber and vinyl — oh my!

Unlike plaid items, these materials are something your closet may lack. Sure, you've got the basic black leather bag, or the patent belt, or the rubber rain boots, but do you have the pleather skirt? What about the vinyl jacket? Are rubber bracelets more your style?

Fabrics once preferred by more fetishists than fashionistas are blowing up this season. As wardrobe choices, they're definitely risky (and more than a little risqué), but if you've got the self confidence to pull off a piece in your outfit, why not wear it?

Organization

go **OLD** **FASHIONED** to plan your day

*No need for a smartphone
or tablet to stay on track*

By Ian Laughead
ISD Style Writer

Day planners: What a charming, old-timey way to keep track of your schedule. I guess at one point they were useful for people planning jaunts in jalopies, disco dates or power lunches, but today we have smart phones to take care of our

needs. One thing you miss without a nice pen — make it a gel pen for old time's sake — is the satisfaction of crossing each item off as you finish it.

iPhones and calendar programs are great for the basics, but when you need to know more than when your classes are, it helps to have a physical reminder that your 10-page paper is due tomorrow morning. This reminder should be written in bright yellow highlighter, naturally.

The only real issue with day planners and organizers is how ugly most of them are. They probably look great



if you're stuck in a cubicle all day, but for the rest of us, they're a little stodgy. Plenty of companies, fortunately, have created stylish alternatives.

Available in a nice, paperback-book size and in colors like orange, pink, and green, Franklin Covey makes a planner perfect for a college student. It even has a back pocket for those random half sheets of paper you somehow accumulate during the day, which is definitely a feature to look for when planner shopping.

It's important to note that these specialized notebooks aren't just a girl thing. In fact, there's nothing more masculine than a camouflage organizer from Mead for less than \$20. It closes with a zipper, so it can be thrown around. Be careful, though: Taking it hunting may be a little rough on it.

If you want something luxurious that will last a lifetime, prepare to spend a pretty penny — or pound,

as the case may be. Smythson of Bond Street, a very posh British company, sells a \$90 leather planner that will make your professors green with envy. Add some gold-stamped letters, at \$12 a pop, to the cover for some extra pizzazz.



Photo courtesy of Thinkstock



In these days of technologically advanced personal organizers, it's easy to forget the virtues of a simple bound planner. Photo courtesy of Thinkstock

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Hair care



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*Far Eastern
cream makes
styling far easier*

By Elizabeth Krugler
ISD Style Writer

Spending countless hours blow-drying and styling your untamable hair can be a pain. It's not a problem during the lazy summer months, but

when school starts it might take more time than you can spare. If there's one thing you can do to ease this transition, it's using MoroccanOil hydrating styling cream.

The cream uses pure argan oil to hydrate your hair. Using it before you blow-dry your hair can cut your drying time by 40 percent. If you choose to put it on your hair once it's already dry, it will eliminate frizz. The styling cream also

“I certainly recommend being open and agreeable to helping your roommates pick up

adds definition and imparts a brilliant shine.

The hair care line has a vast number of products (ranging from an intense curl cream to hairspray) and a variety of hair treatment products.

The cost of the products can be as low as \$14.95 or as high as \$40.

They can be found at most salons or ordered online from MoroccanOil sellers.

If you are looking for a product to reduce frizz, provide luster, save you some time in the morning and even give your hair a refreshing scent, try the MoroccanOil hydrating styling cream. It just might make your hair care routine a little easier.



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Beauty



CROP IT for a *cool summer* look

*Try these chic,
short hairstyles
to beat the heat*

By Angela Christianson
ISD Style Writer

Need a new look for back to school? Try one of the latest trends and you'll knock people off their feet the first day of classes.



Photos courtesy of Thinkstock.

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Cut your hair short

Shorter styles like the pixie cut have been huge with starlets during the past couple of seasons. Emma Watson, to give just one example, has sported a sophisticated yet fun cropped cut lately. This style is great for a bold new look. Before you try out a look like this, however, remember you may eventually need to grow that mane back out. Plan accordingly.

Go for a bob

Not quite ready to take the plunge on a pixie? Go for a bob. Stars like January Jones and Jessica Alba have been seen rocking this more versatile cut. It's perfect if you want to keep the comfort and convenience of a ponytail but want something new and edgy. This cut comes in a range of lengths, so there's a bob to suit every facial structure.

Try a new color

If shedding your locks isn't for you, a new color is the way to go. Ombre highlights are all the rage and are easy to maintain. Ombre hair-dyeing techniques keep your roots dark while lightening the ends. Celebrities such as Lauren Conrad and Sarah Jessica Parker are fans of this laid-back look.

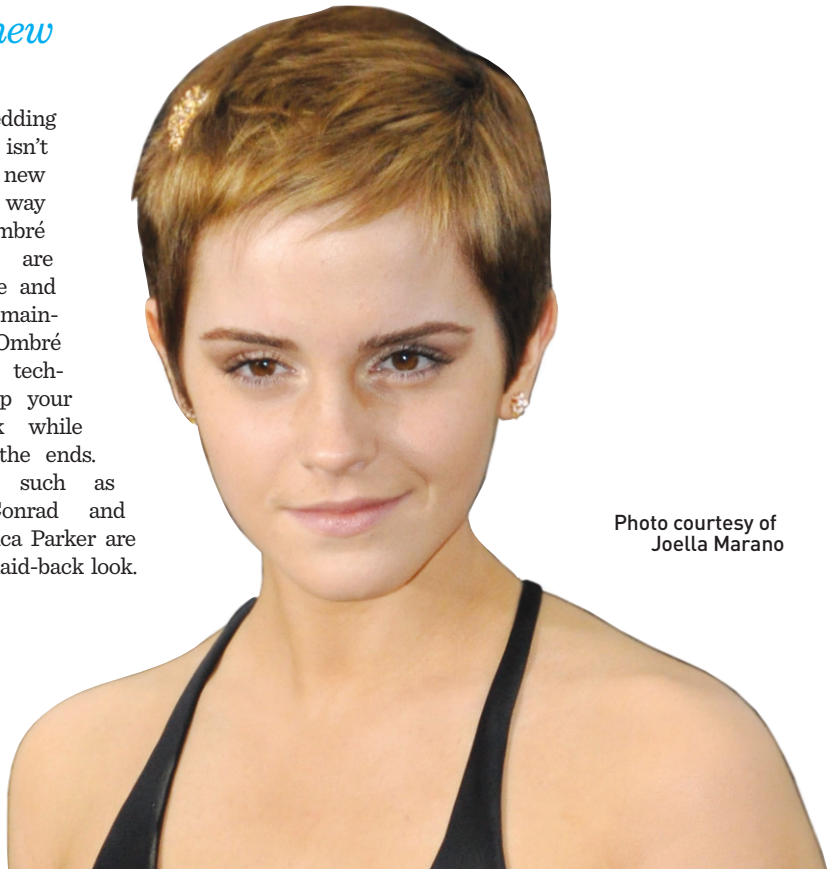


Photo courtesy of Joella Marano

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In with the work boots



*Trade in your cowboy
kicks for some more
contemporary footwear*

By Ian Laughead
ISD Style writer

Fashion is a fickle mistress, and just when you think you have the most stylish accessories, they always change. Boots provide this season's clearest example of fashion flux.

Cowboy boots have their place. At one point in time that place was on your feet at a cool party. This time around that's not the case. Before you throw those out, remember you can save them for the next time you're herding cattle in the Southwest. In the meantime, check out the work boot.

Whether they're stylized heel work boots from a trendy designer, a genuine set of boots from a company with a reputation for toughness or durability or neutral-colored ankle boots with plenty of laces, work boots are all over the place.

Of course, the boots are sturdy and wear-resistant, but they're also versatile. Pair them with a jacket and jeans for a cool look, or wear them with a jersey dress for a sexy night ensemble.



This parrot can be found at Dyvig's Pet Shoppe, which is located at 412 Burnett Ave. in Ames. Photo: Karuna Ang/Iowa State Daily

Local

Find your perfect pet in Ames

By Joy.Wessels

@iowastatedaily.com

As students move back to Ames, they bring a lot of the essentials for living on their own along with them. Furniture, dishes and other necessities are important to making their houses or apartments feel like home. Students may want to bring pets along with these necessities. Luckily, there are several pet stores in Ames that offer a wide variety of animals to choose from.

Dyvig's Pet Shoppe offers several kinds of pets, selling everything from dogs to mice. It is located in downtown Ames on 412 Burnett Ave. Dyvig's is crawling with creatures just waiting to be brought back to your home. The store offers



From turtles to gerbils, Ames offers a wide variety of pets. Animals can be bought at the Ark and Dyvig's Pet Shop, or adopted from the Ames Animal Shelter. Photo: Karuna Ang/Iowa State Daily

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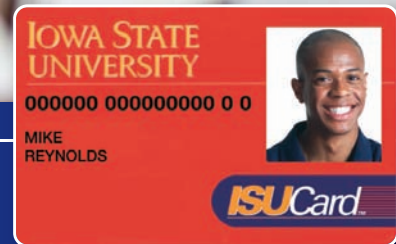
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Housing

Learn pet policy before moving

By Kaitlin Miner
@iowastatedaily.com

College marks many students' first experience of living on their own. Apartments are the sites of many of their first forays into independent living. If they want pets to accompany them on this journey, they usually have to heed a few rules. Below are some ways to learn what those rules are and how to abide by them.

Find out whether your property management company allows pets.

Some property owners have strict policies forbidding pets, while others welcome them. Some vary their policies from one building to the next.

Some places will advertise their policies, but most will ask you to list any pets you own on lease forms. These forms generally outline the pet policy for your apartment.

Different property managements have different policies, so knowing what you are agreeing to is important.

Mike Meehl, sale manager for The Grove Apartments said The Grove offers pet-friendly apartments. Cats and non-aggressive breeds of dogs that weigh less than 50 pounds are allowed. Any other pets are subject to the approval of the general manager before being allowed to live in an apartment.

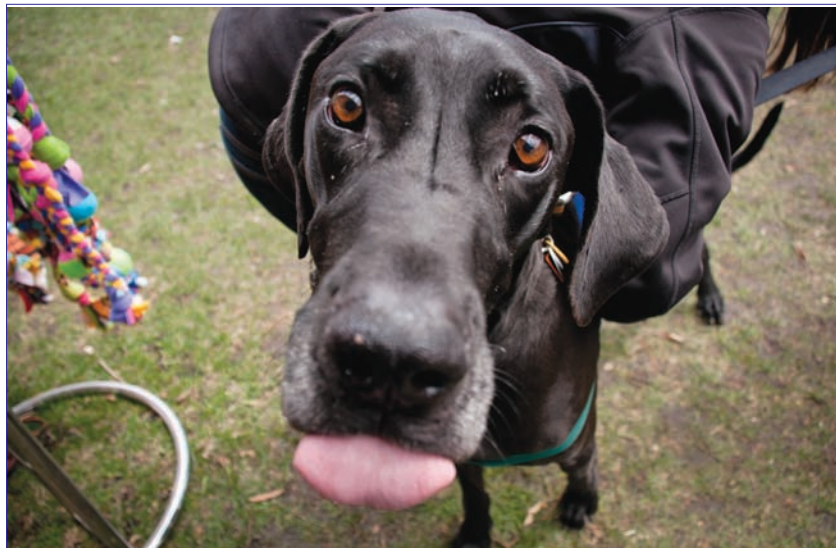
When signing a lease with The Grove Apartments, residents are told they must make The Grove aware of any pets they have. If they bring a pet or buy a pet, they must inform The Grove of its presence, and accept the fees that pet owners incur.

Some property managers require certain vaccinations and other treatments for pets before they're allowed to live in apartments.

Gary Hunziker, owner of Hunziker Property Management, said that different Hunziker apartment buildings have different policies for pets. For instance, some allow cats, others allow dogs and a few are completely pet-free. Most that allow cats and dogs allow caged animals, as long as the latter are reasonably sized.

Dogs have a size limit of 35 pounds, and all pets must be reported and approved by managers. Pets are also required to have vaccinations. The vaccinations and other necessary preparations are outlined in a pet addendum provided to leasees, Hunziker said.

Professional Property Management, Inc., allows tenants to keep animals in apartments only if they're service animals. However, these property managers allow



Duke, a great dane, poses for the camera, at the Students Helping Rescue Animals booth during Veishea 2011 on Central Campus. File photo: Karuna Ang/Iowa State Daily

them to keep a broader selection of pets in satellite properties such as duplexes.

Karen Popelka, rental consultant supervisor with Professional Property Management, Inc, explained this policy in detail.

Cats and dogs are allowed in these satellite properties, but they must be spayed or neutered. To keep them in such properties, their owners must have proof of inoculation. Cat owners must remove their pets' claws. Tenants can only house pets they already own in their rental units; a new pet cannot be bought while a tenant lives in one, Popelka said.

Smaller dogs are also preferred. Popelka explained that residents are asked up front if they have pets, and, if they say yes, property managers request references for and photographs of the pet.

The Grove Apartments require a non-refundable pet fee of \$250 to cover any additional wear and tear, as well as an additional \$30 a month for pet rent, Meehl said.

A one-time fee is commonly required, and a one-time fee of \$300 must be paid to have a pet, Hunziker said.

Professional Property Management, Inc. charges a time payment equivalent to one month's rent, but this is subject to change at the request of property owners. (Professional Property Management, Inc. manages properties it doesn't necessarily own.)

Hunziker said the best way to ensure



Dr. Kim Langholz, clinician in Veterinary Clinical Sciences, holds GoGo the cat at the ISU Small Animal Veterinary Clinic. File photo: Iowa State Daily

a good experience for yourself and your pet is to know what's required of the two of you.

"It's probably a good idea, wherever you're at, to talk to your landlord first."



If you're tempted to get a pet but aren't sure which kind, explore your options at pet stores. Photo: Karuna Ang/Iowa State Daily

>>PLACES.p88

furry pets like dogs, rabbits, gerbils, hamsters and mice. It also has a wide variety of fish, as well as pythons, turtles and small lizards. In addition, it carries accessories for different pets including food, cages and toys for dogs and cats.

The Ark is another place in the Ames area that offers different kinds of pets. The Ark is located on 118 Hayward Ave. near Campustown. This little pet store is unique in that it offers a wide variety of fresh and saltwater fish. Although fish are its specialty, The Ark also has smaller animals, reptiles and amphibians. As well as finding animals for sale, the Ark's owner also offers grooming to all breeds.

Ames Animal Shelter, located on 325 Billy Sunday Road, offers a pet adoption service. By going to the City of Ames' site for that purpose, you can look through a list

of cats and dogs available for adoption. Once you've found a pet you'd like to adopt, you can apply to do so. You can fill out adoption papers once your application is reviewed. If you're still on the fence about getting a pet, just go out to the animal shelter to walk and play with the dogs and cats available. Spending some time with the animals might help you decide whether you want to become a pet owner.

Although there are many good places in the Ames area to find pets, you should check your property management company's pet policy before getting one. There is usually a small fee that such companies assess pet owners for each month, but this is a small price to pay for a little companionship. Once you've done some research, the perfect animal for you is sure to be waiting at one of Ames' pet stores or animal shelters.

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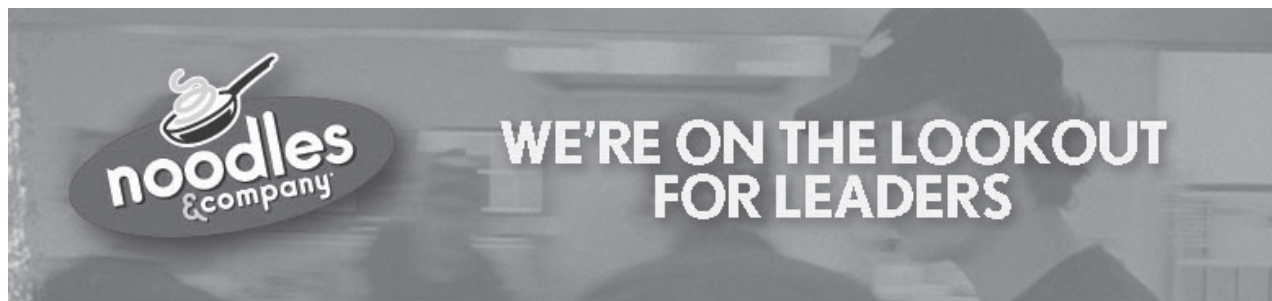


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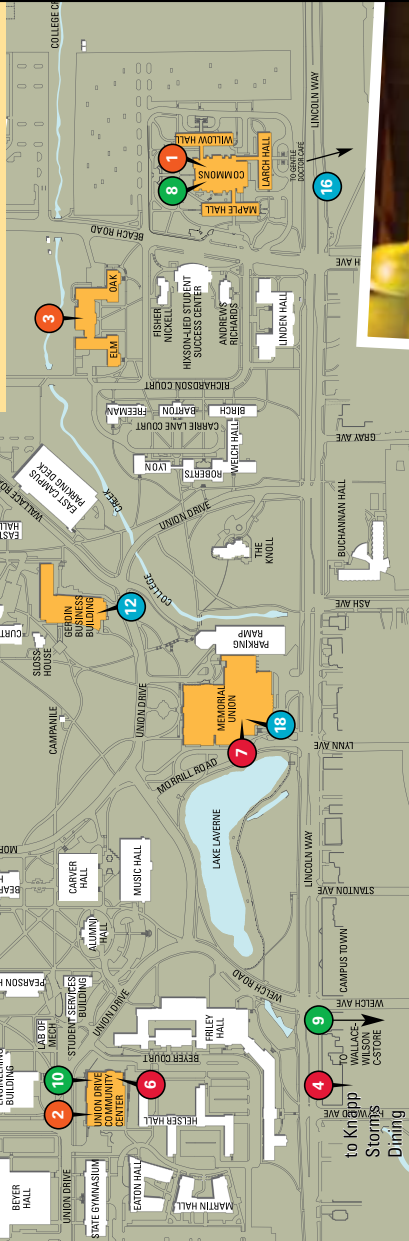
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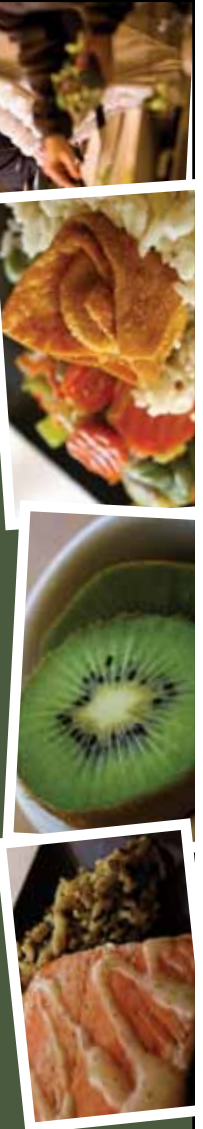
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